

# THE BANNER COOK BOOK

USE "KERNEL" FLOUR

for Baking and  
Cooking...

BISCUITS  
BUNS  
MUFFINS  
COOKIES  
PASTRY  
CAKES, etc.

Over 200 Recipes!



## For Quality Bread Use



*for Better Results on Baking Day*

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# The Banner Cook Book

## GENERAL GUIDE FOR KITCHEN AND TABLE

Compiled by F. NEWMAN

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### Causes of Failure in Baking Bread

(Excerpts from radio address by Miss Hazel McIntyre, Department of Household Economics, University of Alberta.)

† Among the most common defects in bread, is a sour taste. This may be caused by too long rising or fermentation period, or too high temperature during rising; to poor yeast or to a stale yeast starter.

A dry crumbly loaf results when too much flour has been used, the bread has been allowed to rise too long, or when it has been cooked too long.

A heavy loaf may be caused by insufficient rising or insufficient kneading.

Cracks in the crust come sometimes when the bread has been cooled in a draft, when the oven has been too hot at first or when the bread was baked before it was sufficiently light.

A crust which is too thick is often caused by a slow oven, too long baking, or too much salt.

Dark patches or streaks in bread may be due to poor materials, or to the fact that the melted fat was added to the liquid ingredients before any flour was added.

A soggy loaf usually contains too much liquid or has been baked insufficiently.

When the temperature at which the bread has been allowed to rise is too high, the bread tends to be coarse and dark in color, with a certain waxiness and odor. The same result may follow too long fermentation, too long rising in pan, an oven which was too cool at first, or may be due to a pan which is too large for the size of the loaf.

Pale crusts are caused by allowing the loaf to rise too long, or by leaving flour on the dough after moulding. A rough crust may be due to too soft dough. If dough is sticky, it is best to leave it on the board three or four minutes to allow the gluten to tighten up. Then it may not be necessary to add any flour to the dough in kneading.

A heavy thick crust on the bottom of the loaf usually results when the loaf has been put on a hot surface to rise. Sometimes you will find large holes in the centre of the loaf for the same reason.

A dark grayish color is caused by poor flour or old yeast.

If the flour is allowed to stand in a warm room, or is sifted in a warm room, it is usually sufficiently warmed to use. The liquid ingredients are supposed to be at about blood heat, and the bread is allowed to rise at a steady low heat. For small amounts we have found it satisfactory to allow the pan of dough to stand in a pan of water slightly warmer than lukewarm. After the fire is out and the oven almost cold, you may find this a satisfactory rising cabinet. Bakers find that they get the best bread when there is some moisture in the air, and in their rising cabinets they may have a little steam or they may use pans of warm water in the cabinet while the bread is rising. Some people use their fireless cookers, but the method used will depend on the equipment at your dis-

pan. The main thing is to keep the bread warm and well protected from drafts, with the crust moistened so as to prevent a hard crust forming on the top.

## Helpful Suggestions for Making and Baking Bread

To have good fermentation always use fresh yeast and warm the flour before using.

Make the dough soft, and do not mix too firm.

Make and keep dough in oven warm temperature, do not let it chill.

If dough is made from a NEW FLOUR, it should be kept considerably warmer than if made of older flour.

Sugar starts and quickens the process of fermentation, and helps the yeast to do its work.

Salt keeps the fermentation in control and prevents the dough to work itself out.

Butter and other fats improves the flavor, texture, and qualities of the bread.

\* Wheat and Wheat Substitutes—Wheat is superior to all other cereals for producing a flour which will make satisfactory bread. For this reason, when using substitutes, if a light loaf is desired, it is necessary to use a large percentage of wheat flour when making yeast bread.

The superiority of wheat flour for bread is due to its great elasticity when moistened. It retains gas formed by the yeast; and, when properly baked, is light, porous and digestible.

Temperature is important. The liquid used in making bread should be lukewarm. If too hot, the yeast plant will be killed, but if too cold the yeast plant will not grow. Water should be boiled and cooled, and milk scalded and cooled before using. The temperature best suited for bread rising is about 46 degrees F. for the Long Process. If the Short Process is used, the temperature is usually a little higher.

The temperature at which bread should be cooked is approximately that which is used for cookies, and the length of time of cooking will depend on the size of the loaf. Ideally each loaf should be cooked alone in a pan, for it is difficult to cook several loaves in one pan evenly.

† The first kneading which the dough gets is the most important. This is to develop the gluten, and will give a strong loaf of good volume, all other things being equal. If the bread has two rising periods after this first one, it is not necessary even to remove the dough from the bowl for the second rising,—simply pulling the dough from the sides and bottom of the bowl will reduce it to its original volume. The kneading which precedes the molding should be very gentle and light, and need be continued only until the dough may be molded easily. The short process of bread making requires only two kneadings, and the same rules apply here—a thorough but gentle kneading for the first and a short gentle kneading for the second process. The dough should rise each time until it is just twice its original bulk or a very little more. At this stage the dough when pressed does not spring back, and very often the surface of the dough looks blistered with a few large bubbles of gas.

In recent years it has been discovered that good bread may be made within a three hour period. It is a much simpler matter to keep the temperature of the room even and the dough at the correct temperature for a short period. In the days of the overnight type of bread, one had to resort to all sorts of devices to keep the pan of dough warm through a winter night. Often the bread was found overbaking the pan in the morning, but just as often was a golden half

ripen lump. By using a larger amount of yeast, the whole time may be cut down in the proportion in which the yeast has been increased. In spite of the fact that many have claimed that such bread will have a yeasty flavor, it has been found that this flavor comes rather from over-ripen bread, or results from the use of yeast which has not been as fresh as it should have been. Of course, the fresh compressed yeast acts more quickly than the dried yeast, but a very effective substitute may be found in the home-made liquid yeast made with the dried yeast.

#### A RECIPE FOR HOME-MADE YEAST

2 cups Potatoes	1 tbsp. Flour	1 tsp. Sugar
½ cup boiling Water	½ tsp. Salt	
1-4 Yeast Cake dissolved in 1. tbsp. warm water		

Cook finely cut potatoes in boiling water. When tender, drain, reserving stock. Press potatoes through the strainer. Mix the dry ingredients and scald with part of the potato water. Beat until smooth. Add remainder of stock and potato. When lukewarm add yeast. Keep warm until light and foamy, then cool.

A half cup of this home-made yeast is equivalent to half a compressed yeast cake, so that this type of yeast is the least expensive of the three types.

#### BREAD

2 cups Water	½ Yeast Cake dis- solved in	½ cup lukewarm Water
1 ½ tsp. Salt		Flour
2 tbsp. Shortening		

\* Boil water, add salt and shortening, and cool until lukewarm. Add dissolved yeast cake. Sift in flour, mixing thoroughly. Add enough flour to make a dough. Knead until mixture is smooth and elastic and small bubbles appear under surface. Do not allow dough to become chilled; for this reason, it is advisable to knead the dough in the bowl in which it is mixed. Cover with a cloth, set in a warm place, let rise overnight. In the morning cut down with a case knife. The dough will soon rise again, and may be cut down once more if necessary. Turn on a floured board; knead quickly and lightly, taking care that it does not chill. Shape into two loaves, place in buttered pan. Cover and let rise until double its bulk. Bake in a hot oven one hour.

The same recipe may be used, replacing 1 cup water, 1 cup milk which has been scalded or cooled, or using all milk instead of water. This makes very delicious bread, but milk is not really necessary.

#### GRAHAM BREAD

2 cups Scalded Milk	1 tsp. Salt	Graham Flour
1-8 cup Molasses	½ Yeast Cake dis- solved in	½ cup lukewarm Water
2 tbsp. Shortening		

\* Scald milk; add molasses, shortening and salt; then cool until lukewarm. Add dissolved yeast cake and flour. Mix thoroughly. Knead until smooth and elastic. Continue according to directions for White Bread.

#### WHOLE WHEAT BREAD

1 ½ cups scalded Milk	Whole Wheat Flour	½ Yeast Cake dis- solved in
1 ½ cups lukewarm Water	3 tbsp. Brown Sugar	½ cup lukewarm Water
1 tbsp. Shortening	1 ½ tsp. Salt	

\* Scald milk and boil water; add shortening, salt and sugar, cool until lukewarm, add dissolved yeast cake and flour gradually, as whole wheat flour absorbs moisture slowly. Knead thoroughly, being careful to keep dough soft or "slack." Cover and let rise overnight. In the morning knead, shape into loaves. Place in greased pans. Cover and let rise again until double their size. Bake one hour in an oven a little cooler than required for White Bread.

## RYE BREAD

1 cup scalded Milk	1 tbsp. Sugar	1 Yeast Cake dis-
1 1/2 cup boiling Water	1 1/2 cup Flour	solved in
1 tbsp. Salt	6 cups Rye Flour	1/2 cup lukewarm
1 tbsp. Lard		Water

\* Mix milk, water, salt, lard and sugar. Let cool until lukewarm; add dissolved yeast cake and enough rye flour to make a dough. Beat well, cover and let rise in a warm place free from drafts. Let rise 2 hours. When light add remainder of flour, both white and rye. Keep dough rather soft and knead until smooth. Cover and let rise until double its size (about 2 hours). Shape into loaves and let rise again until double its size. Bake 1 to 1 1/2 hours in a moderate oven.

## BRAN BREAD WITH YEAST

1 cup Milk	2 tbsp. Molasses	1/2 Yeast Cake dis-
2 tbsp. Shortening	Bran to make a soft	solved in
1/2 tsp. Salt	dough	1/2 cup lukewarm
	1 cup Flour	Water

\* Scald milk; add shortening, salt and molasses. Cool until lukewarm; add dissolved yeast cake, flour and bran. Mix well without kneading. Cover and let rise in a warm place until light. Mix again, turn into buttered pan. Let rise until double its size. Bake one hour in a moderately hot oven.

## ROLLS

1 cup scalded Milk	3 tbsp. Sugar	1 Yeast Cake dis-
3 tbsp. Butter	Flour	solved in
	1/2 tsp. Salt	1/2 cup lukewarm

Water

\* Add sugar, salt and shortening to milk. Cool until lukewarm. Add dissolved yeast cake and flour to make a batter. Beat thoroughly; cover and let rise until light. Add flour to make a dough; let rise again; knead and shape into small biscuit shapes. Cover and let rise until double their size. Bake in a hot oven 20 to 30 minutes.

## QUICK TEA ROLLS

1/2 cup scalded Milk	1 tbsp. Sugar	1/2 tsp. Salt
1/2 cup lukewarm	Flour	1 Yeast Cake
Water	2 tbsp. Shortening	

\* Add shortening, sugar and salt to milk. Let cool until lukewarm. Dissolve yeast cake in the lukewarm water and add to milk. Add flour to make a batter. Beat until smooth; then add enough flour to make a dough. Knead thoroughly. Roll to one-fourth inch thickness. Cut with small biscuit cutter. Cover and let rise in a warm place two hours. Bake in a hot oven 20 to 30 minutes.

## HOT CROSS BUNS

1 cup scalded Milk	1/2 Yeast Cake dis-	1/2 tsp. Cinnamon
1/2 cup Sugar	solved in	1/2 cup Flour
2 tbsp. Shortening	1/2 cup lukewarm	1/2 cup Raisins stoned
1/2 tsp. Salt	Water	and cut in pieces
1 Egg		

\* Add shortening, sugar, and salt to milk; cool and add dissolved yeast cake, cinnamon, flour and egg, well beaten. Cover and let rise overnight. In the morning, shape in rolls. Place one inch apart in a greased pan. Let rise until double their size. Mark deeply in form of a cross, brush over with beaten egg. Bake 20 to 25 minutes in a hot oven.

## Quick Breads

\* Generally speaking this term refers to biscuits, muffins, griddle cakes, etc., which are made light by the addition of some leavening other than yeast. This process is much more rapid than when yeast is used; therefore we use the term "quick breads."

The leavening may be baking powder; or soda and cream of tartar; or soda with sour milk; or soda with molasses.

The proportions used are:

2  $\frac{1}{2}$   $\text{tsp.}$  Baking Powder to 2 cups Flour in mixtures without Eggs.

$\frac{1}{4}$   $\text{tsp.}$  Soda to 1 cup thick sour Milk or Buttermilk.

$\frac{1}{6}$   $\text{tsp.}$  Soda to 1 cup Molasses for doughs.

1  $\text{tsp.}$  Soda to 1 cup Molasses for batters.

Sour milk, buttermilk or sour cream, with soda, give better results when using substitutes for wheat, especially when cornmeal is used. The result is much more tender and moist than if baking powder is used or soda and cream of tartar.

If sour cream is used, other shortening will not be required.

Unless otherwise directed, pastry flour is used in making the quick breads.

Satisfactory results cannot be obtained if a large proportion of substitute is used in making yeast breads; but really attractive and palatable quick breads may be made from wheat substitutes, either used in combination with wheat or without. Several substitutes combined give more satisfactory results than if one substitute only is used.

### BATTERS AND DOUGHES

Pour Batter—1 part liquid to 1 part flour.

Drop Batter—1 part liquid to 2 parts flour.

Soft Dough—1 part liquid to 3 parts flour.

Stiff Dough—1 part liquid to 4 parts flour.

### POP-OVERS

1 cup Flour	$\frac{1}{4}$ $\text{tsp.}$ melted Butter	$\frac{1}{4}$ $\text{tsp.}$ Salt
2 Eggs	$\frac{1}{2}$ cup Milk	

\* Sift flour and salt. Add one-half of milk to flour and beat well, add remainder gradually, mixing thoroughly to prevent lumps. Add eggs, well beaten, and melted butter. Beat with a Dover egg beater two minutes. Have muffin pans greased and heated, pour batter into pans, bake 40 minutes in a hot oven. The cakes will puff and increase greatly in size, will be very light and hollow in centre.

### SOUR MILK GRIDDLE CAKES

2 $\frac{1}{2}$ cups Flour	2 cups sour Milk	2 $\text{tbsp.}$ melted Fat
$\frac{1}{4}$ $\text{tsp.}$ Salt	$1\frac{1}{2}$ $\text{tsp.}$ Soda	1 Egg

\* Mix and sift flour, salt and soda. Add sour milk, egg well beaten and melted fat; beat thoroughly. Heat a griddle and grease thoroughly. Drop batter by spoonfuls on griddle; cook on one side. When puffed, full of bubbles and cooked on edges, turn quickly and cook griddle cakes on other side. Serve at once with syrup.

### SWEET MILK GRIDDLE CAKES

2 cups Flour	2 $\text{tbsp.}$ melted Fat	2 cups Milk
$1\frac{1}{4}$ $\text{tsp.}$ Baking Powder	2 $\text{tbsp.}$ Sugar	1 Egg
1 $\text{tsp.}$ Salt		

\* Mix and sift first four ingredients, add milk, egg well beaten, and melted butter; beat thoroughly. Cook same as Sour Milk Griddle Cakes.

## RICE GRIDDLE CAKES

2 1/2 cups Flour	1/2 tsp. Salt	1 Egg
1/2 cup cold cooked Rice	2 tbsp. Sugar	2 tbsp. melted Fat
3 tsp. Baking Powder	1 1/2 cup Milk	

\* Mix and sift flour, baking powder, salt and sugar. Add rice, mix with a fork, then rub into flour with tips of fingers. Add egg well beaten, milk and melted fat. Cook same as Sour Griddle Cakes.

## WAFFLES

1 1/2 cups Flour	1 tbsp. melted Butter	Yolks 2 Eggs
2 tsp. Baking Powder	1 cup Milk	Whites 2 Eggs
1/2 tsp. Salt		

\* Mix and sift flour, baking powder and salt. Add milk gradually, yolks of eggs well beaten, and melted butter. Beat thoroughly, cut and fold in stiffly beaten whites of eggs. Heat waffle iron, on one side, turn and heat other side of iron, grease thoroughly. Put a tablespoon of batter in each compartment near centre of iron; cover, and batter will spread to fill iron. Cook two minutes on one side, turn iron and cook other side. Serve waffles as soon as cooked.

## BUTTERMILK WAFFLES

1 cup thick Buttermilk	1 1/2 cups Flour	2 tbsp. melted
1/2 cup sweet Milk	2 1/2 tsp. Baking Powder	Shortening
1 Egg	1/2 tsp. Salt	1-3 tsp. Soda

\* Combine the milk and buttermilk; add egg-yolk, unbeaten; stir in the dry ingredients sifted together and then the fat melted. Beat well, and, lastly, fold in the egg-white, whipped stiff and dry. Bake as usual on a waffle-iron until crisp.

## CORNMEAL WAFFLES

1 1/2 cup Water	3 cups Wheat Flour	1 1/2 tsp. Salt
1/2 cup Cornmeal	3 tbsp. Sugar	2 Eggs
1 1/2 cup Milk	4 tsp. Baking Powder	2 tbsp. melted Fat

\* Cook cornmeal in water 20 minutes; add milk, mix well, gradually sift in flour, sugar, baking powder and salt. Add yolks of eggs, well beaten and melted butter. Beat thoroughly and fold in stiffly beaten whites of eggs. Cook in hot waffle iron.

## BASIC RECIPE AND RULES FOR MUFFINS

1 cup Liquid	1 tbsp. Sugar	4 tsp. Baking Powder
2 cups Flour	1 Egg	1/4 tsp. Salt
1 tbsp. Fat		

\* If sour milk is used, use 1/2 teaspoon soda and one-half the baking powder called for. With this general rule in mind, many varieties of muffins may be manufactured varying the flour as desired.

Muffin mixtures baked in a cakepan and sliced when cold give a nice variety.

## OAT FLOUR MUFFINS

2 1/4 cups Oat Flour	1 cup Milk	1 tbsp. melted
4 tsp. Baking Powder	1 Egg	Shortening
1/2 tsp. Salt	2 tbsp. Molasses	

\* Mix and sift flour, baking powder and salt. Add milk, egg well beaten, molasses and melted shortening. Beat very thoroughly. Bake 25 minutes in a hot oven in greased muffin pan.

## BARLEY MUFFINS

2 cups Barley Flour	1 tsp. Salt	2 tbsp. Corn Syrup
5 tsp. Baking Powder	1 cup Milk	1 Egg

\* Mix and sift flour, baking powder and salt; add milk, corn syrup and egg well beaten. Bake 25 minutes in greased muffin pan.

## PLAIN MUFFINS

2 tbsp. Shortening	1/4 tsp. Salt	2 cups Flour
3 tbsp. Sugar	1/4 cup Milk	4 tsp. Baking Powder
1 Egg		
* Cream butter and sugar together; add egg well beaten; sift flour, baking powder and salt, add alternately with milk to first mixture, beating thoroughly between each addition. Pour batter into buttered muffin pans and bake twenty-five minutes in a hot oven.		

## BAKING POWDER BISCUIT

2 cups Flour	Milk	2 tbsp. Shortening
1/4 tsp. Salt	4 tsp. Baking Powder	
* Mix and sift flour, salt and baking powder. Add shortening, cut with a knife, rub with tips of fingers until fine as bread crumbs. Add milk enough to make a dough as soft as can be handled. Mix with a knife. Turn on slightly floured board. Pat and roll to one-half inch thickness. Cut with a floured cutter and bake 12 to 15 minutes in a hot oven. Quick light handling and a hot oven are necessary to secure light biscuit.		

## POTATO BISCUIT

2 cups Flour	2 tbsp. Fat	3 tsp. Baking Powder
1 cup Potatoes, mashed	Liquid to make a dough	1 tsp. Salt
* Mix and sift flour, baking powder and salt. Add potatoes and rub into flour, cut and rub shortening into mixture. Mix with a knife to a soft dough. Turn on slightly floured board, pat and roll to one-half inch thickness. Cut and bake in a hot oven 15 minutes.		

## FRUIT ROLLS

2 cups Flour	2 tbsp. Shortening	2 tbsp. chopped Citron
4 tsp. Baking Powder	Milk	1-2 tsp. Cinnamon
1/4 tsp. Salt	1-2 cup chopped	2 tbsp. Sugar
2 tbsp. Sugar	Raisins	Melted Butter
* Mix first six ingredients as for Baking Powder Biscuits. Pat and roll to one-quarter inch thickness. Brush with melted butter. Sprinkle with sugar and cinnamon mixed together, and prepared fruit. Roll like a jelly roll. Cut in pieces one-half inch in thickness. Place on buttered pan. Bake 15 minutes in hot oven.		

## BROWN BREAD

1 cup Molasses	2 Eggs	2 cups Bread Flour
3 cups Buttermilk or Sour Milk	1 1/2 tsp. Soda	5 cups Graham Flour
* Mix in order given, dissolving the soda in a tablespoon of water. Enough graham flour should be added to make a stiff batter. Bake in pound size coffee cans for an hour, filling them two-thirds full. This makes three loaves.		

## BRAN BREAD WITHOUT YEAST

3 cups Bran	1 tsp. Salt	Sour Milk
1 cup Graham Flour	1/4 cup Molasses	1 tsp. Soda
2 cups Flour	2 cups Buttermilk or	
* Combine in order stated. Bake slowly in two loaves about 1 1/2 hours.		

## Information About Cereals

To secure the greatest food value, the cereals should not be over-refined. The mineral matter they contain is valuable, but the amount remaining in the meal or flour depends on the process which has been used in milling.

### COOKING CEREALS

To obtain the greatest possible nourishment from cereals, they must be thoroughly cooked; otherwise the food value present is not available for use in the body. Two general points are important.

1. Softening of fibre by long continued low temperature with a supply of water present.

2. Complete opening of starch granules by boiling temperature of water. Stir coarse cereals as little as possible.

Fine cereals are very apt to become lumpy unless great care is taken in adding to the water.

Oatmeal, well cooked, is unequalled as a "standby" for children.

### OATMEAL

1 cup Oatmeal                    1 tsp. Salt                    1 quart Water  
 \* Have water and salt boiling. Gradually add oatmeal, stirring constantly until it boils. Boil 5 to 10 minutes. Place over hot water and cook 4 to 6 hours, stirring occasionally. Or cook in a fireless cooker.

## Soups

### CREAM SOUPS

**General Directions**—A cream soup is practically a thin white sauce, with the addition of vegetable pulp. Cook vegetables in water until soft, press through a sieve. Heat milk and pulp together. When boiling stir in flour which has been mixed to a smooth paste with cold liquid; add seasoning. Let boil several minutes. This thickening is called a "binding." Add fat just before taking from fire. Cream of Tomato soup, on account of the acidity of the tomato, needs a little different treatment. Soda, added to the tomato when cooking, helps neutralize the acid. Add thickening to milk and combine milk and strained and seasoned tomato just before serving.

### General Proportions for Cream Soups—

1 quart liquid (Water, Milk or Stock)	1 to 2 cups Vegetable Pulp	1 to 3 tbsp. Flour
	2 tbsp. Fat	1 tsp. Salt
		½ tsp. Pepper

### BROWN STOCK SOUP

8 lbs. Skin of Beef	1 tbsp. Salt	1 Onion
3 qts. cold Water	1 Carrot	3 stalks Celery
½ tsp. Peppercorns	2 slices Turnip	

\* Wipe meat and cut in pieces. Place in the soup kettle, cover with cold water, add salt. Let stand one hour at back of the stove. Gradually raise to boiling-point. Simmer gently 4 hours. Add vegetables, cut in small pieces, and peppercorns. Cook 1 to 1½ hours longer. Strain and cool.

### MACARONI SOUP

1 qt. Brown Soup Stock	1 tsp. Salt	½ cup Macaroni
	½ tsp. Pepper	

\* Break macaroni into inch pieces and cook until soft. Drain, add to stock which has been heated to boiling point. Add seasonings and serve.

## BARLEY SOUP

4 lbs. Meat and Bone	2 slices Turnip	½ c. shredded Cabbage
2 qts. cold Water	1 Onion	1 teasp. Salt
1 Carrot	½ c. Barley	1 teasp. Pepper

- \* Wipe meat and cut in pieces. Place in a soup kettle, add salt and cold water. Let stand at back of stove ½ hour to 1 hour. Bring gradually to boiling point. Wash barley and add to soup. Cut carrot, turnip and onion in small cubes, and shred cabbage. Add vegetables and seasonings to soup. Cook gently 8 hours. Remove meat and serve soup without straining.

## BOUILLON

4 lbs. round of Beef	1 ½ c. Celery	1-3 c. Turnip
2 lbs. marrow Bone	1 teasp. Salt	1-3 c. Onion
3 qts. cold Water	1 teasp. Peppercorns	

- \* Wipe meat, cut in pieces and put bone and two-thirds of meat in soup kettle. Add salt and water. Let stand one hour. Brown remaining one-third of meat in frying pan with fat from marrowbone. Add to rest of meat. Heat gradually to boiling point. Simmer gently 4 hours. Add vegetables and seasonings. Cook 1 hour. Strain and cool. Remove cake of fat just before reheating. Serve in bouillon cups.

## TOMATO SOUP

1 pt. Brown Soup Stock	3 Cloves	1 Onion
2 c. Tomatoes	2 teasp. Flour	2 c. Milk
½ teasp. Pepper	1 teasp. Salt	3 teasp. Fat

- \* Cook tomatoes, seasonings and onion cut in thin slices until soft. Rub through a strainer. Add stock and milk. Heat to boiling point and thicken with flour and fat cooked together.

## POTATO SOUP

3 Potatoes	2 teasp. Butter	½ teasp. Celery Salt
1 qt. Milk	2 teasp. Flour	½ teasp. Pepper
2 slices Onion	1 ½ teasp. Salt	

- \* Cook potatoes until soft in boiling salted water, then rub through a strainer. Scald milk with onions, remove onion, and add milk slowly to potatoes. Mix flour and seasonings to a smooth paste with a little cold milk; gradually add to hot milk and potato, stirring constantly until it thickens. Let boil 3 minutes. Add butter, stir until melted, then serve.

## CREAM OF PEA SOUP

1 can Peas	1 pt. Milk	2 teasp. Butter
2 teasp. Sugar	½ teasp. Pepper	2 teasp. Flour
1 pt. cold Water	1 slice Onion	1 teasp. Salt

- \* Drain peas, add sugar and water. Let cook until soft, then rub through a sieve. Scald milk with onions, remove onion, add strained peas. Mix flour and seasonings to a smooth paste with cold water, stir into hot soup, let boil three minutes. Add butter just before removing from fire.

## CELERIAC SOUP

2 c. Celery	1 teasp. Salt	3 teasp. Flour
1 pt. boiling Water	1 slice Onion	½ teasp. Pepper
2 c. Milk	2 teasp. Fat	4 teasp. Butter

- \* Wash and scrape celery and cut in pieces. Cook in boiling salted water until soft, then rub through a sieve. Scald milk with onion, remove onion; add milk to celery. Thicken with flour mixed to a smooth paste with cold water; add seasonings and butter. The tough outer stalks may be reserved for soup making, leaving the tender inner stalks to be served raw.

## CREAM OF TOMATO SOUP

1/2 can Tomatoes	1/4 tsp. Soda	1 tsp. Salt
2 tsp. Sugar	1 qt. Milk	1/4 tsp. Pepper
1 slice Onion	4 tbsp. Flour	

\* Cook tomatoes, sugar and onion together until soft (15 to 20 min.). When boiling, add soda, and stir. Rub through a sieve. Heat milk, mix flour, salt and pepper to a smooth paste and stir into hot milk. Let cook five minutes. Combine milk and strained tomato immediately before serving. Add butter. Stir until melted and serve at once.

## SPLIT PEA SOUP

1 c. dried split Peas	1/2 Onion	1 1/2 tsp. Salt
2 1/2 qts. cold Water	3 tbsp. Fat	1/4 tsp. Pepper
1 pt. Milk	2 tbsp. Flour	

\* Pick over and wash peas, soak over night in cold water. Drain, add the 2 1/2 quarts cold water, the onion and seasonings. Simmer gently 3 hours or until peas are soft. Rub through a sieve. Bind with flour mixed to a smooth paste with cold water. Let boil 3 minutes. Add milk and reheat. Add fat just before removing from fire. A ham bone is excellent to use when making pea soup, or the water in which ham has been cooked may be used in place of the cold water.

## BEAN SOUP

\* Make like Pea Soup, using 1 cup dried beans in place of peas.

## FRENCH PEA SOUP

1 can or 1 pt. cooked fresh Peas	1 Egg	1 tbsp. Cornstarch
	1 tsp. Salt	1/4 tsp. Pepper
1 qt. Milk	1 tsp. grated Onion	

\* Scald the milk, and thicken with the cornstarch, which has been moistened with a little milk. In the meantime rub the peas through a sieve, and add the pulp and seasonings to the milk. Cook ten minutes, stirring occasionally. Separate the egg, beating yolk and white separately. Combine and pour the hot soup slowly into them.

## OYSTER STEW

1 qt. Oysters	1/2 tsp. Pepper	1/2 tbsp. Salt
1 qt. Milk	4 tbsp. Butter	

\* Clean oysters, by placing in a colander and rinse with cup of cold water. Carefully pick over, reserve liquid, heat to boiling point and strain. Scald milk; add heated liquid and oysters, heat until oysters are plump and edge begins to curl. Add seasonings, salt and pepper and serve.

## VEGETABLE CHOWDER

4 Potatoes	2 c. canned Tomatoes	2 c. Milk
3 Carrots	2 tbsp. Fat	2 tsp. Salt
3 Onions	3 tbsp. Flour	

\* Cut potatoes and carrots in small pieces, add enough water to cover and cook 20 minutes. Chop onions and cook in fat for five minutes. Add with tomatoes to vegetables. Heat to boiling point, add milk and seasonings. Thicken with flour.

## FISH CHOWDER

2 tbsp. Fat	Seasoning	1/2 lb. Salt Fish
1 tbsp. Chopped Onion	1 qt. Milk	(White fleshed fish is best to use.)
3 c. Potatoes cut in dice	1 lb. Fish (fresh), or	

\* Cook onion and fat together until lightly browned. Add potatoes, cover

with water, cook until soft. Add milk, cut fish in pieces and cook until tender. If salt fish, break in small pieces. Soak in luke-warm water until soft (about 2 hours), drain. Add to potato, add milk. Heat to boiling point. Season and serve. Salt fish chowder does not require the addition of any salt.

## Fish Recipes

### BAKED FISH

† Clean fish, bone, rub with salt, fill with stuffing, and sew edges together. Cut gashes in each side across the fish and put strips of salt pork into them. If oily fish is used this is not necessary, as fish is rich enough without addition of pork. Wrap tail in greased paper, grease the fish sheet and place the fish on it, skewered in shape of letter S, put the sheet in the baking-pan with pieces of pork fat. Dredge with flour. Baste every 10 minutes. Fish requires about 10 minutes to the pound and 10 minutes extra. Garnish with parsley and serve with Drawn Butter Egg or other Fish Sauce.

### STUFFING

1 c. bread crumbs	1/2 tsp. Pepper	1 tsp. Capers or chopped Pickles
1/2 tsp. Salt	(cayenne)	
1 tsp. Onion Juice	1 tsp. chopped Parsley	2 tbsp. Butter

† Mix seasonings with crumbs and add to melted butter. Moisten with milk or an egg. If a moister stuffing is desired.

### FISH SOUFFLE

† 1 cup White Sauce (made with 1 cup milk, 2 tbsp. flour, 2 tbsp. butter and 1/2 tsp. salt)

To this white sauce add 2 well-beaten egg yolks and 1 cup of finely shredded fish. Fold in the 2 egg whites, beaten stiff, pour into a greased baking dish, set in a pan of water and bake in a rather slow oven until firm (about 50 mins.)

### FISH CAKES

1 c. shredded Fish	2 c. freshly mashed Potato	Pepper and Salt, if desired.
(salt codfish, salmon, etc.)		2 well beaten Eggs

† Drop by spoonfuls into deep fat and fry until golden brown, or make into flat cakes and brown in a small amount of fat.

### SALMON CHOWDER

1 1/2 c. Salmon or other flaked Fish	3 Potatoes	2 slices Onion
3 tbsp. Butter or Dripping	1/2 tsp. Salt	1/2 tsp. Pepper
	3 c. Milk	2 tbsp. Flour
	3 Crackers, split	

† Remove bones of salmon, flake fish fine, pare potatoes and slice thin. Fry onion in the fat until clear and a light yellow. Add 2 cups of boiling water and the potatoes, and cook until tender, add seasoning, salmon and milk,搅 and serve at once.

### MYSTERY SANDWICH FILLING

3 hard cooked Eggs	1 Pimento	Contents of 1 can of Sardines.
4 lb. Canadian Cheese	1/2 tsp. Salt	
1 small Onion	1/2 tsp. Paprika	

† Put all the ingredients through food chopper, using the finest cutter. Mix thoroughly, adding the seasonings. If not moist enough, add oil or cream until of a creamy consistency. Let stand several hours before using.

## HALIBUT A LA POULETTE

A slice of Halibut weighing 1½ lbs.	½ tsp. Pepper 2 tsp. Lemon Juice	Few drops Onion Juice ½ tsp. Salt
½ c. melted Butter		

† Clean fish and cut in 8 fillets, add seasonings to melted butter, and put in dish containing butter in saucepan of hot water to keep butter melted. Take up each fillet separately with a fork, dip in butter, roll and fasten with a small skewer. Put in a shallow pan, dredge with flour, and bake 12 mins. in a hot oven. Remove skewers, arrange on a platter for serving, pour around 1½ cups Bechamel sauce, and garnish with yolk of 2 hard cooked eggs rubbed through a strainer, whites cut in strips, and parsley.

## BECHAMEL SAUCE

½ c. white Stock	Sprig of Parsley	2 tbsp. Flour
1 slice Onion	4 Pepper Berries	½ tsp. Salt
1 slice Carrot	½ c. hot Milk	Pepper
1 Bay Leaf	2 tbsp. Butter	

† Cook first six ingredients 20 minutes, strain (there should be ½ cup stock), add milk. Make white sauce of milk mixture and remaining ingredients.

## KEDGEREE

1 c. cooked Fish, flaked	2 tbsp. Butter	1 tsp. Parsley, finely chopped
1-3 c. Rice	1 Egg Yolk	Salt, Pepper.

† Bell the rice and drain. Add fish, mix lightly with a fork, reheat. Add melted butter, yolk of egg, beaten, and parsley. Cook 2 minutes, pile on a serving dish and serve with parsley or egg sauce.

## FISH LOAF

2 c. cooked Fish, flaked	½ tsp. grated Onion	½ c. Milk
1 c. soft Bread Crumbs	1 tsp. Lemon Juice	1 tbsp. finely chopped Parsley.
½ tsp. Salt	2 Eggs	
½ tsp. Paprika		

† Mix all together, more milk may be needed if fish is dry. Turn into buttered mould, cover. Oven poach or steam until firm in centre—about half an hour. Serve with drawn butter or Hollandaise Sauce, or serve cold on lettuce.

## Special Recipes

## ASPARAGUS CANADIENNE

1 large bunch or 12 stalks of Asparagus (cooked 15 minutes)	2 c. liquid in which As- paragus was cooked	6 tsp. Flour
4 Eggs	2½ tbsp. Butter	1 c. Bread Crumbs
		1 tbsp. Butter

† Cut the asparagus in pieces about one inch long. Hard-cook the eggs and chop fairly fine. Make a white sauce of the next three ingredients, using the liquid from the asparagus. Add the chopped eggs to the sauce. Melt the other tablespoon of butter and stir in the bread crumbs. Butter a baking dish and place in it a layer of asparagus, then sauce, then bread crumbs. Repeat, being sure to have a layer of crumbs on the top. Place in a pan of water and bake in a moderate oven until the crumbs are brown.

## ASPARAGUS WITH CHEESE SAUCE

† Asparagus makes a satisfying luncheon dish if cooked, drained, arranged on buttered toast (white or whole wheat) with cheese sauce poured over it in generous quantities.

## For the Sauce

3 tbsp. Butter	½ c. Milk	1 ½ c. plain or Pimento
3 tbsp. Flour	½ tsp. Salt	Cheese
½ c. liquor from veg-	½ tsp. Pepper	Paprika
table		

† Melt the butter and blend in the flour smoothly, gradually add the liquor drained from the asparagus, also the milk, and stir until smoothly thickened. Cook gently for five minutes and add seasonings. Remove from the fire and stir in the cheese. Pour sauce over the vegetable and toast, sprinkle lightly with paprika and serve immediately.

## STRING BEANS WITH LEMON BUTTER

3 c. cooked Beans	2 tbsp. Butter	Salt and Pepper
Juice ½ Lemon		

## STRING BEANS WITH TOMATOES

† Remove strings from 1½ pounds green beans; cut them in inch pieces and cook in salted, boiling water until tender. Drain and shake dry. Peel 3 tomatoes, cut slices off top, and scoop out the seeds, leaving outer walls and partitions. Cut into thick slices and cut each slice in 4 pieces. Heat 2 tablespoons salad oil in frying pan, add pieces of tomato and a few moments later the boiled beans. Stir and cook for about 10 minutes until tomatoes are done. Season with salt and pepper.

## BEAN SAUSAGES

2 c. of Bean pulp	1½ tsp. Salt	1-3 c. soft Bread Cris.
2 tbsp. Butter	1½ tsp. Summer Sav.	1 tbsp. Tomato Catsup
1 Egg	dry	

† Soak beans over night, drain and cook until tender, press through sieve to make pulp. Add the beaten egg, crumbs, catsup, butter and seasonings. There must be enough crumbs added to make the mixture stiff enough to handle. Shape like small sausages, roll in fine crumbs, in beaten egg, and in crumbs again. Sauté in bacon fat.

## SAVORY BEETS

2 c. cooked chopped Beets	2 tbsp. Sugar	2 tbsp. Butter
	1 small Onion chopped	Salt and Pepper.
1 tbsp. Vinegar	1 tsp. Horseradish	

† Stir all together and re-heat.

## CABBAGE WITH TOMATO

4 c. shredded Cabbage	½ tsp. Salt	1 c. Tomato Juice
½ c. Water		

† Cook until cabbage is tender and water and juice absorbed. Add 1 tbsp. butter and serve at once. (Serves 4.)

## CARROTS AU GRATIN

2 cups cooked diced Carrots	1 tbsp. minced Onion	½ tsp. Paprika
	1 ½ cup grated Cheese	Cream Sauce

† Make a cream sauce by using 1½ cups milk, 2 tbsp. butter and 2 tbsp. flour. Cook until thick. To this add the cheese, onion and paprika, and finally, the diced carrots. Mix well, place in a buttered baking dish and cover with buttered crumbs. Bake in a moderate oven for 25 minutes.

## CAULIFLOWER WITH CHEESE

\* Parboil the head of cauliflower 10 minutes without separating the flowerets. Place in a baking dish. Add  $\frac{1}{2}$  cup of milk, sprinkle grated cheese, salt and a little pepper over the top. Cover closely and bake 15 minutes. Remove cover and allow cheese to brown slightly.

## ESCALLOPED CAULIFLOWER

\* Place cooked cauliflower in baking dish. Pour over it a medium thick white sauce. Cover top with battered crumbs and put in moderate oven until heated through.

## FRIED CAULIFLOWER

1 head Cauliflower	1 Egg	Bread Crumbs
$\frac{1}{2}$ cup Milk		

\* Break cauliflower into flowerets and cook in boiling salted water 8 minutes. Drain, roll in egg which has been slightly beaten and mixed with milk. Then roll in crumbs. Fry in deep fat at 370 degrees F until golden brown.

## CRIMMED CELERY AND GREEN PEPPER

1 1/2 cups Celery cut in pieces 1 inch long	1 small Green Pepper cut in shreds, being careful to remove all seeds.	3 tbsp. Flour
3 tbsp. Butter		1 1/2 cups Milk

## CUCUMBER CREAM

2 large Cucumbers	1 tbsp. Flour	Salt and Pepper
1 tbsp. Butter	1 Egg	

¶ Pare and cut cucumbers into small pieces, rejecting the seeds. Cover with cold water and cook slowly until tender. Press through a sieve. Add  $\frac{1}{2}$  tsp. salt. Melt butter, add flour, and cucumber pulp, stir until thickened. Add well beaten egg yolk. Fold in stiffly beaten white. Turn into buttered moulds and steam until set. Sprinkle top with paprika.

## EGG PLANT CASSEROLE

1 Egg Plant (peeled and sliced)	$\frac{1}{2}$ cup Bread Crumbs	1 small Onion
	2 tbsp. Butter	Salt and Pepper

¶ Cook egg plant until tender. Drain. Lay slices in greased casserole. Sprinkle with onion, salt, pepper and crumbs. Bake at 350 degrees F for 20 minutes. (Serves 4.)

## BROWNED PARSNIPS

¶ Boil parsnips, cut in slices one-half inch thick, brown in a hot greased pan or in the oven with roasting meat. Left-over parsnips may be prepared in this way.

## PARSNIP FRITTERS

¶ Boil parsnips and mash them. Season with salt, pepper and butter. Shape into cakes, roll in flour and brown in a hot frying pan with a little butter.

## PEAS

¶ A sprig of mint cooked with peas gives a pleasant and unusual flavor.

## PEA TIMBALES

1 cup Pea Pulp	1-2 cup Milk	$\frac{1}{2}$ tsp. Salt
1 Egg	$\frac{1}{4}$ tsp. grated Onion	Few grains Cayenne

¶ Rub cooked peas through a strainer to make the pulp. Add the well beaten egg, milk and seasoning. Put in individual buttered moulds, cover and set in a pan of hot water. Cook in a slow oven—300 degrees F.—until firm, or steam like a custard. Unmould and serve with a white sauce to which cooked peas are added.

## POTATO APPLES

† Choose potatoes about the size of crab apples. (If you are clever with the paring knife you can fashion these out of larger potatoes.) Fry in deep hot fat (350 degrees F. or when a bread cube browns in 20 seconds) until an appetizing brown and cook through. Insert a clove in one side to look like the blossom end of an apple, a sprig of parsley on the other side to do duty as the leaf. Dash paprika on one cheek to give a rosy glow.

## POTATO AND CHEESE PUFF

2 cups hot mashed Potatoes	2 1/2 cup grated Cheese	1/2 cup Milk
	1/2 tsp. Salt	3 Egg Whites
3 Egg Yolks	1/2 tsp. Pepper	

† Beat the yolks and blend with the potatoes, seasonings, milk and part of the cheese. Fold in the stiffly beaten whites and sprinkle the remaining cheese on top. Bake in a moderate oven until very light and acres at once.

## FIVE-MINUTE CABBAGE

1. Chop fine half a small head of cabbage (1 quart)
2. Simmer for 2 to 4 minutes to 2 cups hot milk.
3. 1 1/2 teaspoons sugar may be added.
4. Stir frequently to prevent burning.
5. Thicken with 1 1/2 tablespoons flour
6. Add 2 tablespoons butter, salt and pepper

## MASHED TURNIPS WITH APPLES

1 cup Apple Pulp	Salt and Pepper	2 Chopped Butter
3 boiled Turnips		

†

1. Cook apples, without peeling, until tender.
2. Rub through sieve.
3. Add apple pulp to mashed turnips seasoned with salt, pepper and butter.
4. Re-heat and serve.

## GREEN TOMATOES

†

1. Wash and slice green tomatoes.
2. Dip in egg and then in cracker or bread crumbs.
3. Put a small amount of bacon dripping in pan.
4. Brown slices on both sides.
5. Lower heat and cook until tender.

## SAUERKRAUT (For Small Quantity)

† Slice cabbage as thinly as possible, pack tightly into clean glass jars to within 1 in. of the top. Add 2 tbsp. salt to a quart. Partly seal. If well packed the liquid will come nearly to the top of the jar. (The salt causes some of the juice to flow from the sliced cabbage.) Let sit for about three weeks in a moderately warm place 60 to 70 degrees F. When fermentation ceases, process in water bath for one hour to prevent the growth of molds.

If made in an earthenware jar or crock, use 4 oz. salt to 10 lbs. cabbage, and cover with a clean cloth and weighted cover. When fermentation ceases, if much of the brine has evaporated, add enough weak brine (1 oz. salt to 1 qt. water) to cover. If storage space is cost, remove weighted cover and pour a layer of melted paraffin over the kraut, or pack in glass jars and process for one hour.

## Meat

Ways of Cooking—Meat may be boiled, broiled, fried, roasted, stewed or steamed.

General Rules for Preparation of Meat—Wipe meat carefully with a cloth

dipped in cold water. Never wash meat in water, as that wastes the juices. Remove superfluous fat.

When roasting or boiling meat, the temperature should be high for the first ten minutes, to cook the protein on the surface, and thus form a seal which will retain the juices. The temperature should then be lowered, and the meat cooked at a lower temperature until done. Beef is frequently cooked rare, but lamb, pork and veal should be very thoroughly cooked.

#### ROAST BEEF

\* Wipe meat, remove superfluous fat, and weigh. Place in a baking pan. Dredge with flour, sprinkle with salt and pepper. Dredge pan with flour. Place in a hot oven for ten minutes to sear the outside, then lower temperature of oven during remainder of cooking of meat. Meat should be basted every ten or fifteen minutes during cooking. The water for basting may be poured in the pan when the meat is put in the oven, or a bowl of melted fat and the water may be used for basting the meat. When cooked, remove to a hot platter for serving.

#### GRAVY

\* Pour off excess fat. Use 2 tbsp. fat and 2 tbsp. flour for each cup of water. Stir the flour in the fat, when nicely browned, add boiling water. Stir until it boils. Let boil 3 minutes, season and strain before serving.

#### POT ROAST

\* 4 to 6 lb. round of Beef

Bear all the surface in a hot frying pan. Put in a saucepan. Add 1 cup boiling water. Cover closely and cook until tender. Sprinkle with salt when nearly done. Add more water if necessary. Chicken gravy by using  $1\frac{1}{2}$  teaspoon flour to 1 cup liquid.

#### BOILED MEAT

\* Wipe meat, cut off superfluous fat, and weigh. Place meat in boiling water to cover. Let boil ten minutes to harden the outside. Then draw pot to back of stove, and simmer gently until done. Remove from water, drain and place on a hot platter. Serve with a sauce. Cider sauce is usually served with boiled mutton. Parsley sauce or egg sauce is served with boiled fowl. The water in which meat has been boiled is an excellent foundation for stock soups.

Salt Meat—Place salt meat in cold water, and bring gradually to the boiling point. Let boil five minutes. Then allow to simmer gently until tender, from four to six hours depending on thickness of cut. Remove the scum which rises to the surface. If meat is to be served cold, cool in the water in which it has been cooked.

#### PAN-BROILED MEAT

\* Select steak or chops. Wipe and remove superfluous fat. Heat a frying pan very hot, grease with some of the fat of the meat. Place meat on pan, cook 30 seconds on one side. Turn and cook the other side 30 seconds. Cook 6 to 8 minutes turning every two minutes. Sprinkle with salt and pepper. Serve very hot.

#### STEWED MEAT

2 to 3 lbs. Meat (mutton, lamb or beef)	6 Potatoes	2 to 3 tbsp. Dripping
2 Onions	Pepper and Salt	1 Carrot
	$\frac{1}{4}$ cup Flour	1 cup Water

\* Wipe meat, remove superfluous fat, cut into pieces 2 inches square. Melt dripping in a hot frying pan. Brown one-half the meat in the hot fat. Peel and slice onions and carrots and put into a large saucepan, add all of the meat, the water and seasonings. Cover closely and stew one hour. Add potatoes peeled,

and cut in pieces. Mix flour to a smooth paste with cold water. Stir into stew, stirring until it boils. Simmer gently one hour longer or until meat is tender.

#### HAMBURG STEAK

1 lb. chopped Meat	$\frac{1}{2}$ tsp. Pepper	1 tsp. Onion Juice
1 tsp. Salt		

\* Mix seasonings and onion with chopped meat. Shape into small cakes and broil or pan-broil. Serve hot.

#### VEAL CUTLETS

\* Veal cutlets, generally speaking, are slices from the leg, corresponding to round steak in beef. They may be broiled or pan-broiled.

#### VEAL CUTLETS WITH BROWN SAUCE

\* Wipe cutlets and remove bone, skin and tough membrane. Cut in pieces suitable size for serving. Make a stock of the bones and tough skin, use this stock for making the brown sauce.

Season the veal with salt and pepper, shape in shape with a wooden tooth pick if necessary. Roll in fine bread crumbs, dip in beaten egg, then crumbs again. Brown in 2 tablespoons of fat in a hot frying pan. Place in a saucepan, cover with Brown Sauce, and stew gently for one hour or until tender.

#### BROWN SAUCE

2 Cbsp. Dripping	$\frac{1}{2}$ tsp. Salt	2 Cbsp. chopped Parsley
$\frac{3}{4}$ cup Flour	1 tsp. Worcestershire	1 cup
2 cups Stock or Water	Sauce	$\frac{1}{2}$ tsp. Pepper

\* Melt fat, add flour, salt and pepper. Stir until well blended. Gradually add liquid, stirring until it boils. Add Worcestershire Sauce and parsley.

#### CORNING MEAT

\* Smoked and salted meats are valuable foods, but their nutritive content is somewhat less than that of fresh meats.

When salting or canning, cool the meat thoroughly before salting. If this is not done, gases form which become very offensive. Cure as soon as cooled, while still fresh. The vessel used may be a large stone jar or a large enamel pan. A hardwood barrel is used by some. Scald carefully before using. Salt, molasses or sugar, and saltpetre are used in preserving the meat. Salt draws out the juices of the meat. Saltpetre preserves the color and makes the meat firm; it is harmful if used in large quantity.

#### CORNED BEEF OR TONGUE

8 lbs. Coarse Salt	8 oz. Sugar	1 gal. Water
$\frac{1}{2}$ oz. Saltpetre		

\* Mix ingredients in a saucepan; boil one-half hour, remove scum which rises to surface. Pour pickle into crock, when cool put in the meat and weight down. Let meat remain in pickle eight to fourteen days, according to size, before rising. This pickle will keep six months, if boiled every two weeks.

#### CORNED BEEF (QUICK METHOD)

4 Cbsp. Salt	Saltpetre size of a	4 or 5 lbs. Meat
2 Cbsp. Brown Sugar	hazel nut	2 qts. Water

\* Dissolve first three ingredients in the water. Cool and pour over meat. Let stand twenty four hours. Cook in the pickle three to four hours or until tender.

#### LEFT OVER MEATS

\* Every scrap of left over meat should be used, and served as attractively as possible. Some meats, such as lamb, chicken, or veal, are suitable for making

salads in combination with vegetables. Reheated in a Cream Sauce and served with toast or bits of pastry, they are very attractive. Some suggestive recipes are given. Fish may be substituted for the meat in many of the recipes.

#### GENERAL DIRECTIONS

1. Remove any gristle, bone or burned parts.
2. Cut or chop in pieces of uniform size.
3. Reheat only; do not recook.
4. Cook sauce thoroughly before adding meat.
5. Season highly.
6. Serve attractively.

#### CREAMED CHICKEN

2 tbsp. Fat	1/4 cup Chicken Stock	2 cups finely chopped
2 tbsp. Butter	1/4 tsp. Salt	Chicken.
1/2 cup Milk	1/8 tsp. Pepper	

\* Make a sauce of the first six ingredients. Let cook five minutes. Add chicken, let stand without boiling until meat is heated through. Serve hot.

#### ROAST CHICKEN

\* Dress, clean, stuff and truss a chicken. Place on its back in a baking pan; dredge with flour, salt, pepper. Dot with butter, or place several pieces of fat bacon across the breast. Dredge pan with flour. Place in a hot oven for ten minutes. Then reduce heat of oven to finish cooking chicken. Baste frequently with 1/4 cup of fat melted in 1 cup of boiling water. When this is used, baste with the liquid in the pan. A young tender chicken should cook in three-quarters of an hour to one hour. If a fowl is used, singe to remove long hairs, then dress, clean, stuff and truss. Steam one-half hour to one hour, depending on age of fowl. Roast one and one-half to two hours to a 4 lb. bird.

#### STUFFING

1 qt. Bread Crumbs	Water or Stock to mix.	1 tbsp. chopped Onion
1 tsp. Salt	stem.	Seasoning
1/4 cup melted Fat	1/8 tsp. Pepper	
* Mix ingredients in order given. Stale bread is best to use. Crusts may be soaked in cold water, squeezed dry and mixed with the dry bread crumbs. Put by spoonfuls into the neck of the bird, until nicely filled. Place remainder of stuffing in the body. Fasten with a small skewer or sew with strong thread. Remove skewer and thread before serving.		

#### CHICKEN STEW

\* Clean a fowl and singe. Cut in pieces suitable for serving. Dredge pieces well with flour seasoned with salt and pepper. Brown the pieces in hot fat in a frying pan. Place in stew pan. Add one-quarter pound of pork, cut in slices, and one small onion, cut finely. Add cold water, cover closely, bring to boiling point, then simmer gently one and one-half to two hours. Add more thickening to gravy if desired.

## Pork

#### PORK AND APPLE PIE

Pork and Apple Pie.	Buttered Cabbage
Fried Sweet Potatoes.	Canned Peas.

Cut off fat from pork chops or slices of pork shoulder, cut into small pieces, leaving the bone attached to meat. Roll in flour, sprinkle with cinnamon and allspice, salt and pepper.

Pare and core and quarter a few apples, half the bulk of the meat.

Fill an old teacup with cider, invert it in a deep baking dish. Place a layer of meat, then of apples, etc., in the dish, making the last layer of apples. Pour 1 cup more of cider over all, cover with a pie crust, and bake in moderate oven (350 degrees) till done—about 50 minutes.

#### BACON

Bacon may be used by itself as the meat course, in combination with eggs in any form, as a flavor extender with meats, as a garnish for almost any vegetable or sandwich.

#### STUFFED PORK TENDERLOIN

Stuffed Pork Tenderloin.

Baked Onions.

Mashed Potatoes.

Orange Souffle.

Split a pork tenderloin in half lengthwise, leaving the halves joined together. Pound each half slightly, then spread with a regulation poultry stuffing, to which has been added chopped olives, pickles, capers, and seasoning of lemon juice.

Arrange the stuffing so that it will be higher in the centre, sew or tie the edges of the meat together, and roast about 45 minutes in a 450 degree oven.

#### HOT TAMALES PUDDING

Hot Tamale Pudding.

Lettuce Salad.

String Beans.

Apple Pie.

To make this, use the small end of a fresh ham shank. Roll it until tender, then cut off the lean parts of the meat.

Make a regulation cornmeal mush, add  $\frac{1}{4}$  cup tomato puree and 1 teaspoon chili powder to each 2 cups of mush. Stir the meat into it, heat together well and serve hot.

#### ABRAHAM CHOPS

Sear half a dozen pork chops on both sides in hot frying pan, then place them in a casserole. Cover them with sliced tomatoes, a little thinly sliced onion, and a bit of minced green pepper. Add 3 cups hot water, cover, and bake in moderate oven 2½ hours.

#### FRESH PICNIC ROAST

Fresh Picnic Roast.

Escalloped Cabbage.

Steamed Rice.

Peach Tarts.

Place the fresh ham in a roasting pan and sear it in hot oven (450 degrees) about 10 minutes.

Mix brown sugar and bread crumbs with one beaten egg, and rub it onto the surface of the ham with a spatula. Dust the meat with pepper and salt and flour, and continue roasting in moderate oven (350 degrees) until tender, allowing about 80 minutes per pound.

When done, remove the ham, add a little hot water to the juice in the pan, and cook until thickened. Serve the sauce with the ham.

#### SPARE RIBS WITH DRESSING

Spare Ribs with Dressing.

Roasted Apples

Scalloped Potatoes.

Spinach Salad.

Gelatine.

Make a tasty dressing by combining with each 1½ cups bread crumbs used, the following ingredients.

2½ tsps. melted Fat      2 tsps. chopped Onion      seasoning

½ tsp. Salt      1 tsp. each chopped      Enough water to make

Few grains Pepper      Parsley and poultry      ten.

Pile this mixed dressing in the middle of a roasting pan, lay the spare ribs over it, and bake about one hour in moderate oven (350 degrees).

## SAVORY SPARERIBS

Roast spareribs one hour. Season them. Place small whole potatoes or quarters of larger ones, and quartered cooking apples on top of the roast, and bake another hour.

## SPARERIBS WITH STUFFING

Have the butcher crack the spareribs twice crosswise, and buy 5 lbs. for family of five. Use an apple stuffing, and fold the ends of the spareribs over the dressing and cover them into place. Place the meat in roasting pan, add  $\frac{1}{2}$  cup boiling water, cover and roast at least 30 minutes to the pound. Season after first hour of cooking.

## HAM BAKED IN MILK

Rub a thick slice of ham with mustard, place in casserole and cover with milk. Bake one hour in moderate oven. The milk may be thickened and served as gravy with the ham.

## PICNIC SHOULDER

Cover the meat with cold water, bring to boil. Add a cup of sliced onions and  $\frac{1}{2}$  cup of diced celery and a tablespoon of mixed whole spices. Lower flame, simmer meat until tender about 3 hours. Remove picnic shoulder from liquid, skin it, dust the fat thickly with brown sugar and bread crumbs, place it in a roasting pan with  $\frac{1}{2}$  cup of the liquid, 3 tablespoons vinegar, and  $\frac{1}{2}$  cup brown sugar. Bake one-half hour, basting with the liquid once or twice.

## ROAST SHOULDER OF PORK

Wipe the meat off, rub it with shortening and dredge with flour. Roast in hot oven for half an hour, without putting any water in the pan. Lower the flame to a moderate oven temperature, and continue roasting until tender—at least 30 minutes to the pound of meat. Turn from side to side frequently, and baste every 30 minutes, unless using a self-baster.

## TO FRY BACON

Place the slices in a cool frying pan, cook slowly. Turn often. When the slices have reached just the degree of crispness you like the best, remove and serve at once.

## ROAST FRESH HAM

In the centre cut of a fresh ham, you will find a roast that will surprise you with its delicious flavor, tenderness, and ease of carving. Have the dealer cut a thick slice for you right from the centre of a fresh, or uncured ham, and you will have an unexpected treat—a store for you.

## BAKED PORK AND BEANS

2 cups beans	1 tbsp. Salt	2 tbsp. Vinegar
Salt Pork	1 tbsp. Mustard	A little Red Pepper.
1 Onion	3 tbsp. Molasses	

Soak beans over night, parboil a morning in the water to which a little soda has been added. Rinse. Put half of the beans in the pot, add onions and some salt pork, put in balance of beans, add salt, mustard, molasses, vinegar, red pepper and the salt pork. Cover with water. Bake 8 hours. Be sure to keep beans covered with boiling water.

## TIME TABLE FOR COOKING PORK

Pork Chops or Steaks	10 to 12 mins.		
Loin Roast, lb.	20 to 25 mins.	Ham, baked, lb.	20 to 25 mins.
Shoulder Roast, lb.	30 to 35 mins.	Ham, boiled, lb.	20 to 25 mins.

## Salads

### JELLIED FISH SALAD

2 tbsp. Gelatine	2 tbsp. chopped Pickles	1 1/4 cup canned Fish
1 tbsp. Chopped Olives	1/4 cup Sugar	1/4 cup cold Water
1 1/4 cup boiling Water	1/4 cup diced Celery	1/4 cup diced Cucumbers
1/4 cup Lemon Juice		

§ Soak gelatine in cold water and dissolve it, and sugar in boiling water. Add strained lemon juice and chut. When lemon jelly begins to thicken, add other ingredients. Pour into wet pie dish. Allow to chill and become firm. Serve on lettuce leaf with salad dressing.

### JELLIED GINGER ALE SALAD

2 tbsp. Gelatine	1-3 cup Malaga Grapes	2 tbsp. Cold Water
1-3 cup Celery, diced	1-3 cup boiling Water	1-3 Apple, diced
1 cup Ginger Ale	2 tbsp. minced Pré	2 slices Pineapple, diced
1/4 cup Ginger Syrup	served Ginger	

§ Follow the method of Jellied Fish Salad.

### VEGETABLE SALAD WITH LEMON JELLY

1 cup diced Celery	2 ripe Tomatoes, diced	1 cup minced Cabbage
2 tbsp. chopped Olives	1 cup Green Peas	

§ Follow method for Jellied Fish Salad.

### PEAR SALAD

§ Pear, cream cheese, walnuts, lettuce and salad dressing. Fill centre of the canned pear with a mixture of cream cheese broken walnuts and salad dressing. Serve on a lettuce leaf.

### PINEAPPLE SALAD

§ Celery, apples, grapes, pineapple, walnuts, lettuce. In a bowl lined with lettuce leaves place equal quantities of diced celery, apples and pineapple, mixed with salad dressing. Garnish top with seeded white grapes halved and walnuts.

### COMBINATION SALAD

§ Apples, radish, olives, lettuce, celery and cream cheese. On a bed of lettuce place some finely shredded celery, apples and radishes. Mix with dressing. Decorate with olive rings and in the centre of the olive rings place a rosette of cream cheese.

### BREAKFAST SALAD

§ Lettuce, bacon, scrambled eggs, tomato. On lettuce place slices of tomato. In the centre of the tomato place some scrambled eggs and on top of the eggs place two or three slices of crisp bacon. (Have eggs and bacon hot.)

### HEALTH SALAD

§ Lettuce, tomato, cress, cottage cheese. Place on lettuce a slice of tomato on top of the tomato place a layer of cottage cheese. Garnish with cress.

### GINGER SALAD

§ Orange, pear, pineapple, preserved ginger, green peppers. In a half seed halved orange place equal quantities of diced pear, orange and pineapple, add a little finely minced ginger and green pepper.

### SALAD COMBINATIONS OR SUGGESTIONS

1. Grapefruit, white grapes, nuts, dressing, lettuce.
2. Pineapple, banana, nuts served on lettuce with dressing, cherry.
3. Cheese balls, served on slices of raw, ripe pineapple.

4. Grapefruit, dates and nuts.
5. Apple, dates, and celery.
6. Apple, nuts and celery (Waldorf).
7. Peach halves filled with mayonnaise and nuts.
8. Bananas, finely chopped nuts and dressing.
9. Dates stuffed with cream cheese, mayonnaise dressing.
10. Dates, almonds, mayonnaise dressing.
11. Peas, potatoes, in a lettuce cup with dressing.
12. Finely shredded cabbage, walnuts, apple.
13. French peas, walnuts, and French dressing.
14. Potatoes, onion, beet, celery, hard-cooked eggs.
15. Potatoes, cucumbers, nuts.
16. Olives, cream cheese, mayonnaise, lettuce.
17. Lobster or shrimp or tuna fish with celery, mayonnaise and lettuce leaf.
18. Salmon, cucumber and gelatine.
19. Chicken, celery and nuts.
20. Cabbage, coconut and celery seed.
21. Beet, apple and nuts, with olives as garnish.

## Sauces

Many sauces and gravies are made from a fat mixed with flour or corn-starch, and combined with a liquid.

**3. General Directions**—Either one of two methods may be used to combine these ingredients:

1. Have liquid boiling, mix flour and seasonings to a smooth paste with cold liquid. Gradually stir into hot liquid, stir until it boils, let boil 5 minutes; then add fat and stir until fat is melted.

2. Melt fat, add flour and seasonings, stir until well blended. Add liquid gradually, stirring constantly until mixture boils. Let cook 5 minutes, beat thoroughly.

**White Sauce**—When milk is used as the liquid, the sauce is called White Sauce.

**Tomato Sauce**—When the liquid is tomato juice, the sauce is called Tomato Sauce.

**Brown Sauce**—If the flour is browned in the fat, and water or stock added, the sauce is called Brown Sauce.

### FOUNDATION RECIPE FOR SAUCE

Thin Sauce (For Milk Toast)	Medium Sauce (For Vegetables, Fish, Meat, Macaroni)	Thick Sauce (For Croquettes, Souffles, etc.)
1 thsp. Fat	2 thsp. Fat	3 thsp. Fat
1 thsp. Flour	2 thsp. Flour	3 or 4 thsp. Flour
1 cup Liquid	1 cup Liquid	1 cup Liquid

### THIN WHITE SAUCE

1 thsp. Fat	1 cup Milk	Few grains Pepper
1 thsp. Flour	½ thsp. Salt	

**3.** Melt fat; add flour and seasonings. Stir until well blended. Gradually add milk, stirring constantly until it boils. Let boil 5 minutes.

### MEDIUM WHITE SAUCE

2 thsp. Fat	1 cup Milk	½ thsp. Pepper
2 thsp. Flour	½ thsp. Salt	

**4.** Combine as for Thin White Sauce.

## THICK WHITE SAUCE

2 tbsp. Fat	1 cup Milk	1/2 tsp. Pepper
2 or 4 tbsp. Flour	1/2 tsp. Salt	
¶ Combine ingredients as for Thin White Sauce.		

## EGG SAUCE

¶ Add 1 hard cooked egg chopped finely, to "Medium White Sauce."

## CAPER SAUCE

¶ Add 2 tbsp. Capers to "Medium White Sauce."

## TOMATO SAUCE

2 tbsp. Fat	2 slices Onion	1/2 tsp. Pepper
2 tbsp. Flour	1/2 tsp. Salt	Few grains Soda
2 cups strained Tomato		

¶ Cook tomato, onion and seasonings together until soft. Add soda and stir until foaming stops. Rub through a strainer. Melt the fat, add the flour, stir until blended. Gradually add the prepared tomato juice, stirring until it boils and is smooth and free from lumps.

Second Recipe — Use strained tomato instead of milk, in proportions for either "Thin White Sauce" or "Medium White Sauce."

## DRAWN BUTTER

¶ Substitute water for milk and use an extra tbsp. butter, use "Medium White Sauce" proportions.

## BREAD SAUCE

1 cup Bread Crumbs	1/4 blade of Mace	1/2 tsp. Salt
1 cup Milk	1/2 Onion	1/2 tsp. Pepper
6 Peppercorns	1 tbsp. Butter	

¶ Simmer onion, peppercorns and mace in the milk for 5 minutes. Strain. Add bread crumbs and butter. Cook gently until crumbs have absorbed milk. Add butter and seasonings. Serve as an accompaniment to boiled fowl.

## PARSLEY SAUCE

2 tbsp. Fat	1 cup Milk	1/2 tsp. Pepper
2 tbsp. Flour	1/2 tsp. Salt	2 tbsp. chopped Parsley

¶ Prepare a white sauce of first five ingredients, let cook 5 minutes. Wash parsley, remove stalks; chop leaves very finely. Add to sauce. Serve as an accompaniment to boiled fowl.

## MINT SAUCE

1/2 cup finely chopped Mint Leaves	1/2 cup Water	1 tbsp. Sugar
	1/2 cup Vinegar	

¶ Mix vinegar, water and sugar. Stir until dissolved. Pour over mint leaves. Let stand at back of range until well steeped, 25 to 30 minutes.

## VELOUTE SAUCE

2 tbsp. Fat	1 cup Chicken Stock	1/2 tsp. Pepper
2 tbsp. Flour	1/2 tsp. Salt	1/2 tsp. Celery Salt

¶ Combine ingredients, according to the directions for making White Sauce.

## HORSERADISH SAUCE

¶ To the recipe for Veloute Sauce, add 1/4 cup hot cream and one-third cup freshly grated horseradish. Let heat without boiling. Serve with roast beef.

## Desserts

§ Desserts may be inexpensive and are a useful means of giving variety to the diet. They are not an extravagance if properly planned. They should be in proper relation to the rest of the meal.

### RICE PUDDING

2 cups scalded Milk	Few grating Nutmeg	1 Egg
$\frac{1}{2}$ cup cooked Rice	$\frac{1}{4}$ tsp. Sugar	1 tbsp. Butter

§ Add rice, sugar, and salt to milk. Stir until well mixed, then add butter. Add egg slightly beaten, pour into a buttered pudding dish. Sprinkle a little nutmeg over surface. Bake in a moderate oven until firm.

### TAPIOCA PUDDING

2 cups scalded Milk	Flavoring	1 Egg
$\frac{1}{2}$ cup Pearl Tapioca	$\frac{1}{4}$ tsp. Salt	1 tbsp. Butter
$\frac{1}{4}$ cup Sugar		

§ Soak tapioca overnight in cold water. Drain, and cook until transparent. Add to scalded milk; add sugar and salt; add butter and egg slightly beaten. Add flavoring, pour into a buttered pudding dish until firm. Serve hot or cold as desired.

### FRUIT CONDE

$\frac{1}{2}$ cup Rice	2 cups scalded Milk	Yolks 3 Eggs
$\frac{1}{2}$ tsp. Salt	$\frac{1}{4}$ cup Sugar	Flavoring

§ Wash rice, and cook in boiling water 10 minutes. Drain, add to scalded milk, and cook 1 hour in a double boiler. Beat yolks of eggs slightly. Add sugar and salt, add to rice and milk. Cook over hot water two minutes, stirring constantly, cool slightly, add flavoring. Serve hot with cooked peach, or add 1 teaspoon gelatin soaked in 2 tablespoons cold water. Pour into wet mould. Chill and serve cold with fruit.

### SAGO PUDDING

4 cups hot Water	$\frac{1}{2}$ cup Raisins	3 tbsp. Sugar
1 Lemon	$\frac{1}{2}$ cup Sago	Few grains Salt

§ Boil water lemon cut in slices and raisins for 10 minutes. Add sago, boil 15 minutes or until clear. Add sugar and salt. Mix well and pour into mould. Serve cold with cream and sugar. One tablespoon currant jelly, added with sugar, improves the flavor.

### RICE SURPRISE

1 cup hot cooked Rice	2 tbsp. Sugar	1 tsp. Vanilla
1 tbsp. Gelatin	$\frac{1}{4}$ tsp. Salt	1 cup Cream, whipped

§ Soak gelatin in 3 tablespoons cold water. Then mix with hot rice. Add sugar, salt, vanilla. Mix thoroughly. When it begins to stiffen, fold in whipped cream. Mould and serve very cold. Jelly or orange marmalade makes a good accompaniment.

### BREAD PUDDING

1 cup Bread Crumbs	1 tbsp. Butter	Yolks 3 Eggs
2 cups Milk	$\frac{1}{4}$ tsp. Salt	1 tsp. Vanilla
$\frac{1}{4}$ cup Sugar		

\* Soak bread in cold water until soft. Squeeze out water and break bread in bits. Scald milk, add sugar, butter, salt, pour gradually on slightly beaten yolks, add flavoring and bread. Pour into a buttered pudding dish. Bake 40 minutes in a moderate oven.

## MERINGUE

\* Beat egg whites until very light. Gradually beat in 2 tablespoons sugar to each egg white. Beat until mixture will hold shape. Flavor with teaspoon vanilla. Spread over pudding. Cook slowly in moderate oven until a delicate brown.

## SOME VARIATIONS

1. Chocolate Bread Pudding—Dissolve 2 squares unsweetened chocolate in the scalded milk.

2. Fruit Pudding— $\frac{1}{2}$  cup coconut, or 1 cup raisins, or  $\frac{1}{2}$  cup citron, and  $\frac{1}{2}$  cup figs.

3. Caramel Bread Pudding—Caramelize the sugar, before adding to scalded milk. Add 2 tablespoons more sugar.

4. Queen of Puddings—Jam or jelly spread over plain bread pudding before meringue is put on makes variety.

If cake crumbs are used, lessen the amount of sugar used.

## CHOCOLATE PUDDING

\* Use recipe for Blanc Mange, add two squares of chocolate, and use one-third cup sugar instead of  $\frac{1}{2}$  cup.

## CARAMEL PUDDING

\* Use recipe for Blanc Mange, using one-third cup sugar instead of  $\frac{1}{2}$  cup. Caramelize the sugar and add to scalded milk.

## TO CARAMelize SUGAR

\* Put sugar in a frying pan, place over hot fire. Stir constantly until sugar melts and becomes a golden brown syrup. The sugar will lump and stick to spoon, but should be scraped off. Watch carefully that it does not burn.

## LEMON JELLY

$\frac{1}{2}$ box Gelatin, or	$\frac{1}{4}$ cup cold Water	$\frac{1}{2}$ cup Sugar
1 tbsp. Granulated	1 cup Boiling Water	Few grains Salt
Gelatin	$\frac{1}{4}$ cup Lemon Juice	

\* Soak gelatin in cold water. Pour boiling water over it, add sugar, lemon juice and salt. Strain. When mixture begins to thicken, pour into moulds which have been wet in cold water. Set in a cool place to chill and harden. Jelly may be beaten with a Dover egg beater, as it begins to thicken.

## FRUIT JELLY

\* Use recipe for Lemon Jelly, using 1 $\frac{1}{2}$  tablespoons granulated gelatin. Any fruit may be used with the exception of raw pineapple. Let jelly become thick before combining with fruit. Very attractive jellies may be prepared by combinations of fruits in designs.

## ORANGE JELLY

1 tbsp. Granulated	$\frac{1}{4}$ cup Boiling Water	$\frac{1}{2}$ cup Sugar
Gelatin	$\frac{1}{2}$ cup Orange Juice	Few grains Salt
$\frac{1}{2}$ cup cold Water	3 tbsp. Lemon Juice	

\* Prepare as for Lemon Jelly. The flavor of any fruit jelly is improved by the addition of a little lemon juice.

## BOILED CUSTARD

2 cups Milk, scalded	whole Eggs	$\frac{1}{2}$ cup Sugar
Yolks 3 Eggs or 2	$\frac{1}{2}$ tsp. Vanilla	$\frac{1}{2}$ tsp. Salt

\* Beat eggs slightly, add sugar and salt, add hot milk, gradually, return to double boiler. Stir constantly, cook until it coats the spoon, then strain immediately into a cool dish. Flavor. Watch carefully that custard does not over-cook or it will curdle.

## NORWEGIAN PRUNE PUDDING

1/2 lb. Prunes	1/2 cup Cornstarch	Juice 1 Lemon
1/2 cup Sugar	2 cups cold Water	1 1/2 cup boiling Water
1/2 lb. stick Cinnamon		

\* Wash prunes. Let soak in cold water. Boil in this water with cinnamon until prunes are soft. Remove stones, add boiling water and sugar. Mix contents to a smooth paste with cold water. Add to first mixture; stir until it boils. Cook 8 minutes. Add lemon juice. Pour into wet mold. Chill thoroughly before serving. Serve with cream.

## BAKED APPLES

\* Wipe apple, remove core, and score apple one-third down from the top. Fill cavities with sugar, either brown or white, and spice if liked. Bake in a moderate oven until apples are soft. Serve with cream.

Some Suggested Combinations—Wipe and core apples, and fill cavity with any one of the following: raisins and nuts, cooked prunes and nuts, cooked rice, cooked oatmeal and raisins or dates, uncooked custard; jelly or marmalade, sugar and lemon juice or orange juice.

## STEAMED APPLE PUDDING

2 cups Flour	2 tbsp. Shortening	1/2 tsp. Salt
4 tsp. Baking Powder	1/2 cup Milk	1/2 cup Sugar
1/2 tsp. Salt	4 Apples	1/2 tsp. Cinnamon

\* Make a biscuit dough of first five ingredients. Roll to one-quarter inch thickness. Cover with apples peeled and sliced. Sprinkle with sugar, cinnamon and salt mixed. Fold dough over apples. Place in a buttered pan. Cover and steam 1 1/2 to 2 hours. Serve with a liquid or hard sauce.

Other fruit may be used in place of apples, such as blueberries, cranberries, plums, etc.

## STEAMED PUDDING

1 cup Suet	2 tsp. Baking Powder	1 cup Raisins
1 cup Molasses	1 tsp. Cinnamon	1 1/2 cup Flour
1 cup sour Milk	1/2 tsp. Cloves	3 cups Bread Crumbs
1 1/2 tsp. Soda	1/2 tsp. Salt	

\* Chop suet finely, adding a little of the flour to prevent it sticking to knife. Mix and sift flour, salt, spices, soda and baking powder. Add chopped suet and bread crumbs. Mix and add molasses, sour milk and raisins chopped. Stir until thoroughly mixed. Pour into well buttered moulds. Cover closely and steam 2 1/2 hours to 3 hours. Serve with a liquid or hard sauce.

## SUET PUDDING

1 cup finely chopped Suet	3 cups Flour	1/2 tsp. Cloves
1 cup Molasses	1 tsp. Soda	1/2 tsp. Nutmeg
1 cup Milk	1 1/2 tsp. Salt	1 tsp. Cinnamon
	1/2 tsp. Ginger	

\* Mix and sift dry ingredients, add suet finely chopped. Add molasses and milk. Mix thoroughly and steam 3 hours. Fruit may be added if desired.

## COTTAGE PUDDING

1/2 cup Fat	1/2 tsp. Salt	2 1/2 cups Flour
2-3 cup Sugar	1 cup Milk	4 tsp. Baking Powder
1 Egg		

\* Cream the fat, add sugar and egg well beaten. Mix and sift flour, baking powder and salt. Add alternately with milk to first mixture. Make 30 to 35 minutes in a moderate oven. Serve with Vanilla or Chocolate Sauce.

## PLAIN PASTRY OR SHORT CRUST

1 cup Flour       $\frac{1}{4}$  tsp. Salt      Cold Water  
 $\frac{1}{2}$  cup Shortening  
\* Sift flour and salt, add shortening, cut with a knife, then rub with tips of fingers until as fine as bread crumbs. Add water gradually, mixing with a knife to a stiff dough. Chill thoroughly. Cut off a piece the size required, and roll thinly to fit the plate. This pastry should be rolled once only.

## CRANBERRY PIE

1  $\frac{1}{2}$  cups Cranberries       $\frac{3}{4}$  cups Sugar       $\frac{1}{2}$  cup Water  
\* Cook ingredients in a sauce pan 10 minutes, then cool. Line a pie plate with pastry; pour on cranberry, lay strips of pastry across top. Bake in a hot oven.

## CUSTARD PIE

2 Eggs	Few gratings Nutmeg	1 $\frac{1}{2}$ cups Milk
8 tbsp. Sugar	$\frac{1}{4}$ tsp. Salt	

\* Beat the eggs slightly, add sugar, salt and milk. Line a pie plate with pastry. Strain the mixture into plate, add nutmeg. Bake in a quick oven first to cook pastry, then reduce temperature to cook the custard.

## MOCK MINCE PIE

4 Crackers, rolled	1-8 cup Lemon Juice	$\frac{1}{2}$ cup Fat
1 $\frac{1}{2}$ cups Brown Sugar	or Vinegar	2 Eggs well beaten
1 cup Molasses	1 cup Raisins, seeded and chopped	Spices to taste

\* Mix ingredients and bake between two crusts. This amount will make two pies.

## SQUASH PIE

$\frac{1}{2}$ cup cooked Squash	$\frac{1}{4}$ tsp. Nutmeg	1 Egg
$\frac{1}{2}$ cup Sugar	$\frac{1}{4}$ tsp. Cinnamon	$\frac{1}{2}$ cup Milk
$\frac{1}{2}$ tsp. Salt	$\frac{1}{4}$ tsp. Ginger	

\* Rub squash through a strainer. Add sugar, salt, spices, egg slightly beaten and milk. Make in one crust according to directions for Custard Pie.

## Sweet Sauces

## VANILLA SAUCE

$\frac{1}{2}$ cup Sugar	1 $\frac{1}{2}$ tbsp. Flour	1 tsp. Vanilla
1 cup boiling Water	2 tbsp. Butter	Few grains Salt
1 tbsp. Cornstarch, or		

\* Mix sugar and corn starch and salt, add water gradually, stirring constantly; boil 5 minutes, remove from fire, add butter and flavoring.

## LEMON SAUCE

$\frac{1}{2}$ cup Sugar	1 $\frac{1}{2}$ tbsp. Flour	Few grains Nutmeg
1 cup boiling Water	2 tbsp. Butter	Few grains Salt
1 tbsp. Corn Starch, or	1 $\frac{1}{2}$ tbsp. Lemon Juice	

\* Mix ingredients, and cook as for Vanilla Sauce.

## VINEGAR SAUCE

$\frac{1}{2}$ cup Brown Sugar	1 tbsp. Flour	1 tbsp. Vinegar
1 cup boiling Water	2 tbsp. Butter	Few grains Salt

\* Make like Vanilla Sauce.

## MOLASSES SAUCE

1 cup Molasses      1 1/4 tbsp. Butter      1 tbsp. Vinegar  
 \* Boil molasses and butter 5 minutes. Remove from fire. Add vinegar.

## STERLING SAUCE

4 cup Butter      1 tsp. Vanilla      4 tbsp. Milk  
 1 cup Brown Sugar  
 \* Cream the butter, add gradually the sugar and flavoring. Add milk very gradually, beating constantly to prevent separation.

## HARD SAUCE

1 cup Sugar (brown or powdered)      1-3 cup Butter      Few grains nutmeg  
 \* Cream butter and sugar together. Add a few gratings of nutmeg. Pile on a dish and sprinkle with grated nutmeg.

## FRENCH DRESSING

3 tbsp. Lemon juice, grapefruit juice, or cold vinegar      6 tbsp. Salad Oil      1/2 tsp. Paprika  
 1/4 tsp. Salt      Few grains Cayenne  
 1/2 tsp. Pepper

† This mixture is beaten well with an egg beater, or may be measured into a bottle, the bottle corked and the mixture shaken vigorously until the dressing looks milky. It should be used immediately, since the oil separates out on standing. A supply of this may be kept on hand for indefinite periods, and shaken just before using. This dressing is particularly attractive when served with lettuce, tomato, cucumber, and other watery vegetables, at dinner. Half tsp. of powdered sugar is sometimes added to this recipe.

The following is a simple recipe for Boiled Dressing:

## CONDENSED MILK SALAD DRESSING

1 can Condensed Milk      2 Eggs      1 tsp. Mustard  
 1 cup Vinegar      1 tsp. Salt      1 tbsp. melted Butter  
 † Chill all the ingredients except the butter, very thoroughly, then beat all together with an egg beater until thick and creamy. If it does not stiffen up properly at first, put it away to chill and then beat again.

## BOILED DRESSING

1 tbsp. Flour      1/4 cup Sugar, or less      1/4 cup Water  
 1 tsp. Salt      1/4 cup White Wine      3 Eggs  
 1 tsp. Mustard      Vinegar      1 tbsp. Butter  
 Few grains Cayenne

† All of the ingredients except the butter are put into a saucepan and beaten with an egg beater until there are no lumps, then the butter is added and the mixture cooked in a double boiler until thick. This dressing should be thinned a little with milk or sweet or sour cream.

If you take an ordinary cold boiled dressing and beat into it gradually a cup of oil, you will have a dressing of extremely fine texture and appearance.

## SOUR CREAM DRESSING

1/2 cup sour cream      3 tsp. Powdered Sugar      1 tbsp. Vinegar  
 1/2 tsp. Salt      3 tbsp. Chili Sauce, or  
 † Beat the cream until stiff. Then add the rest of the ingredients.

## MAYONNAISE

1 cup Oil (Olive, Mazola or Weetso)	2 tbsp. Vinegar (lemon juice, Grapefruit juice, etc.)	Pepper (white, or possible)
1 Egg Yolk		1 tsp. Powdered Sugar
1/2 tsp. Mustard	1/2 tsp. Salt	

† Add the seasoning to the vinegar and combine with egg yolk. Beat until smooth. Add 1 tsp. oil and beat 1 minute. Repeat. Add 2 tsp. oil and beat 1 minute. Repeat. Add 4 tsp. oil, beat 1 minute. Repeat. Add 8 tbsp. oil, etc., until the oil has all been added, and the mixture will hold its shape.

## THOUSAND ISLAND DRESSING

1 1/2 cup Whipped Cream	2 tbsp. chopped, sour and sweet pickle, or chow chow	1 chopped Pimento 1-1/2 cup Mayonnaise
1-1/2 cup Chili Sauce		

† Combine the ingredients and serve soon after blending.

## Cakes

**Baking of Cakes**—A moderate oven is required for the baking of most cakes; small cakes require a better oven. Rich pound cakes and fruit cakes require a slow oven. Cakes made with molasses or chocolate require a little slower oven, as they burn easily. Sponge cakes require a moderate or slow oven, as they contain a large proportion of egg.

**Time of Baking**—Loaf cakes require 45 to 60 minutes for cooking. Small cakes and Layer cakes require 20 to 25 minutes. Sponge cakes require 35 to 40 minutes.

## Tests for cakes:—

1. When cake shrinks from sides of pan, it is done.
2. Test with a sterilized straw. If straw comes out clean, cake is done.
3. Dip finger in water and touch bottom of pan. A sharp hissing sound indicates that cake is done.

If the oven is too hot at first, a crust will form before the centre has finished rising.

A sponge cake should always be baked in a very moderate oven. If the oven is too hot, the eggs will be hardened, and the cake will not rise as it should.

## HOT WATER SPONGE CAKE

Yolks 2 Eggs	1/2 tsp. Flavoring	1 1/2 tsp. Baking Pwdr.
1 cup Sugar	Whites 2 Eggs	1/2 tsp. Salt
1/2 cup hot Water	1 cup Flour	
* Beat yolks of eggs until thick and lemon colored; add one-half the sugar gradually, continue beating; add water, remaining sugar, and flavoring. Fold in stiffly beaten whites of eggs and the flour mixed and sifted with baking powder and salt. Bake 35 minutes in a moderate oven.		

## SPONGE CAKE

Yolks 4 Eggs	1/2 tsp. Salt	1 cup Flour
1 cup Sugar	1/2 Lemon rind grated	Whites 4 Eggs
1 tbsp. Lemon juice		
* Beat yolks of eggs until thick and lemon colored; add sugar gradually; continue beating. Add lemon juice, rind and whites of eggs stiffly beaten, cut and fold whites into mixture. Gradually sift in flour and salt, cutting and folding until thoroughly blended. Bake one hour in a slow oven.		

## CREAM SPONGE CAKE

Yolks 4 Eggs	1 1/2 tbsp. Cornstarch	1/2 tsp. Salt
1 cup Sugar	Flour	Whites 4 Eggs
3 tbsp. cold Water	1 1/2 tsp. Baking Powder	1 tsp. Lemon extract

\* Beat yolks of eggs and water until thick, add sugar gradually, beat two minutes. Put cornstarch in a cup, add enough flour to fill cup. Gradually sift into first mixture. Cut and fold in stiffly beaten whites and the flavoring. Bake 30 minutes in a moderate oven.

## POTATO FLOUR SPONGE CAKE

Yolks 4 Eggs	1/2 tsp. Salt	1 tsp. Flavoring
1 cup Sugar	1 tsp. Baking Powder	Whites 4 Eggs
1/2 cup Potato Flour		

\* Beat yolks of eggs until thick, gradually beat in sugar and flavoring; add stiffly beaten whites of eggs, sift potato flour, baking powder and salt, cut and fold into mixture. Bake in a moderate oven 40 minutes.

## ANGEL CAKE

Whites 8 Eggs	1 cup Sugar	1/2 tsp. Salt
1 tsp. Cream of Tartar	1/2 cup Flour	1/2 tsp. Vanilla

\* Beat whites of eggs, add cream of tartar and continue beating until eggs are stiff but not dry. If eggs are beaten until dry the cake will be dry and rather tasteless. Gradually beat in sugar and flavoring. Sift flour and salt several times, fold into first mixture. Bake 45 minutes in a moderate oven. Watch carefully and protect with a buttered paper if necessary. Do not open oven door during first 20 minutes of baking.

## JELLY ROLL

3 Eggs	1 tbsp. melted Fat	1/2 tsp. Salt
1 cup Sugar	1 tsp. Baking Powder	1 cup Flour
1/2 tbsp. Milk		

\* Beat egg until light, add sugar gradually, milk, flour, mixed and sifted with baking powder and salt, then butter. Line a long shallow pan with paper, butter paper and sides of pan. Pour mixture into pan and spread evenly. Bake 12 to 15 minutes in a moderate oven. When cooked, remove from oven, and turn out on a paper sprinkled with sugar. Remove paper, cut off edges, spread with jelly or jam which has been beaten until soft. Roll quickly and roll paper around it to help keep it in shape. This work must be done very quickly in order that the cake may not crack when rolled.

## HOT WATER GINGERBREAD

1 cup Molasses	4 tbsp. melted Fat	1 1/2 tsp. Ginger
1/2 cup boiling Water	1 tsp. Soda	1/2 tsp. Salt
3 1/2 cups Flour		

\* Mix water and molasses. Mix and sift flour, soda, salt and ginger; add to first mixture. Stir until well mixed, add shortening; beat thoroughly. Pour into a buttered pan and bake 25 to 30 minutes in a moderate oven.

## SOUR MILK GINGERBREAD

1 cup Molasses	1/2 cup melted Fat	2 tsp. Ginger
1 cup sour Milk	1 1/2 tsp. Soda	1/2 tsp. Salt
2 1/2 cups Flour		

\* Mix molasses and sour milk. Mix and sift dry ingredients, add to first mixture, stir until well mixed, add melted fat, and beat thoroughly. Pour into a buttered pan and bake twenty-five to thirty minutes in a moderate oven.

## QUICK CAKE

1/3 cup soft Fat	1/4 tsp. grated Nutmeg	1/4 tsp. Cinnamon
1 1/3 cup Brown Sugar	1 1/2 cups Flour	1/2 lb. Dates, stoned
2 Eggs	3 tsp. Baking Powder	and cut

\* Put all ingredients into a bowl, and beat together for three minutes, using a wooden cake spoon. Turn into a lined and buttered cake pan and bake 35 to 38 to 40 minutes in a moderate oven.

## STANDARD CAKE

1/2 cup Butter	1 tsp. Flavoring Extr.	3 tsp. Baking Powder
1 cup Sugar	2 cups Flour	1/2 cup Milk
2 Eggs		

\* Cream butter, add sugar, gradually, add eggs beaten until very light and foamy. Soft flour and baking powder together, add alternately with milk to the first mixture. Add flavoring. Pour into a lined and greased cake pan. Bake 40 minutes. To make this cake successfully, all of the ingredients must be put in together; if mixed separately, the cake will not be a success. It is advisable to roll the lumps out of the brown sugar before using.

The yolks and whites of eggs may be separated, yolks added to sugar and butter, the whites beaten and cut and folded in last of all. A finer texture may be secured in that way.

This recipe may be used as a foundation recipe for a variety of cakes.

**Chocolate Cake**—Melt two squares of chocolate over hot water and add to batter when flavoring is added. Beat until thoroughly mixed.

**Nut Cake**—Add 1/2 cup nutsmeats chopped and flavored.

**Fruit Cake**—Add 1/2 cup citron finely chopped and 1/2 cup raisins chopped, flour before using, and add last of all.

**Spice Cake**—Add 1/2 teaspoon cloves, 1/2 teaspoon allspice and 1 teaspoon cinnamon to flour before sifting, omit flavoring.

**Layer Cake**—Bake the batter in two layer cake pans, put together with a filling of jam or jelly.

## Small Cakes and Cookies

## SUGAR COOKIES

1 cup Butter	1 tbsp. Water	1/2 tsp. Salt
1 cup Sugar	1 tsp. Vanilla	Flour to make a stiff
2 Eggs	1 tsp. Baking Powder	dough

\* Cream the butter; add sugar. Add eggs well beaten, add the water and flavoring. Sift flour, and baking powder together. Mix with a knife to a stiff dough. Chill thoroughly, and roll thinly. Bake in a moderate oven until a delicate brown color.

When adding flour, add sufficient to make the dough very stiff and firm, as flour kneaded in when rolling out cookies will make them hard, rather than crisp and short.

## PEPPER NUTS

3 Eggs	1 cup Nuts	1/2 tsp. Soda
2 cups Brown Sugar	1/2 tsp. Salt	1/2 tsp. Baking Powder
2 cups Flour	1 tsp. Cloves	1/2 tsp. Black Pepper
1 box Seedless Raisins	2 tsp. Cinnamon	1/2 cup Citron

\* Beat egg-whites and yolks separately, then together, add sugar and beat. Sift spices and soda together and add to sugar and eggs. Add flour sifted with

baking powder and salt, and then the raisins, nuts, and citron rolled in a little flour. Add more flour if needed; the dough should be stiff. Drop from teaspoon and bake in moderate oven. These will keep indefinitely.

#### CORNFLAKE MACAROONS

2 Egg whites	1/4 cup Corn Syrup	2 cups Cornflakes
1/2 cup Sugar	1/3 tsp. Salt	1/2 cup Cocoanut

\* Beat whites of eggs until stiff. Gradually beat in the sugar, syrup and salt. Fold in the cornflakes and the cocoanut. Drop by spoonfuls on a greased pan. Smooth with back of a spoon first dipped in cold water. Bake in a moderate oven until nicely browned. Remove from pan before they cool.

#### OATMEAL MACAROONS

1 tbsp. Fat	1 1/2 cups Oatmeal (ground)	1 1/2 tbsp. Flour
1/2 cup Corn Syrup		1 tsp. Flavoring
2 tbsp. Sugar	1/2 tsp. Salt	1/2 cup Raisins or Nuts
1 Egg	1/2 tsp. Baking Powder	

\* Combine melted fat, sugar and syrup. Add beaten egg. Stir in the other ingredients. Drop by spoonfuls on a greased pan and bake 15 to 20 minutes in a moderate oven.

#### OATMEAL DATE COOKIES

2 cups Oatmeal	1 cup Brown Sugar	1 tsp. Soda
2 cups Flour	1/2 tsp. Salt	1/2 cup hot Water
1 cup Shortening		

\* Mix dry ingredients, add shortening, and rub into flour. Add hot water and mix to a stiff dough. Chill thoroughly, roll thinly, spread date filling between two cookies, bake 15 to 20 minutes in a moderate oven.

#### OATMEAL CRISPS

1 Egg	1 cup Rolled Oats	1/3 tsp. Salt
1/2 cup Sugar	1/2 tbsp. melted Short- ening	1/2 tsp. Vanilla
1/2 cup Corn Syrup		

\* Beat eggs until light, gradually add the other ingredients. Drop by spoonfuls on a greased pan. Smooth with a fork first dipped in cold water. Bake in a moderate oven until a delicate brown.

#### PARKING

1/2 cup Shortening	1 cup Oatmeal	1 tsp. Cinnamon
1/2 cup Brown Sugar	1 cup Raisins	1 1/2 cups Flour
1 cup Molasses	1 tsp. Soda	1 tsp. Salt
1 Egg	1 tsp. Cloves	

\* Cream shortening and sugar together, add molasses and egg, well beaten. Mix dry ingredients, add to first mixture. Add raisins. Drop by spoonfuls on a greased pan. Bake in a moderate oven.

#### POTATO COOKIES

2 cups Flour	1 cup Mashed Potato	1 Egg
1/2 tsp. Salt	2 tbsp. Shortening	2 cups Flour
2 tsp. Baking Powder	1/2 cup Brown Sugar	1/2 tsp. Salt

\* Cream shortening, add sugar, then egg well beaten. Add mashed potato, and beat thoroughly. Sift dry ingredients and add, mix to a stiff dough. Turn on floured board; roll to 1/4-inch in thickness, and cut with cookie cutter. Place on greased pan and bake 15 minutes in a moderate oven.

## Frostings and Fillings

### LEMON FILLING

1 cup Corn Syrup	Few grains Salt	1 Egg slightly beaten
2 1/2 tbsp. Flour	1/2 cup Lemon juice	1 tsp. Butter
Grated rind 2 Lemons.		

- Place butter in a double boiler. When melted, add the other ingredients. Stir constantly until the mixture thickens and coats spoon. Let cook 10 minutes. Cool before using.

### ORANGE FILLING

1/2 cup Syrup	1 tsp. Butter	1/2 tbsp. Lemon juice
2 1/2 tbsp. Flour	1/2 cup Orange juice.	1 Egg slightly beaten
Grated rind 1/2 Orange.		

- Make like Lemon Filling

### FIG FILLING

1/2 lb. Figs chopped fine	1 cup boiling Water	1 tbsp. Lemon juice
1/8 cup Sugar		

- Mix ingredients, and cook in a double boiler until figs are soft and form a paste. Spread between cakes before the mixture cools.

### DATE FILLING

1/2 lb. Dates stoned and chopped	1/2 cup Corn Syrup	1 tbsp. Lemon juice
	1/2 cup boiling Water	

- Make like Fig Filling.

### LEMON COCONUT FILLING

1 cup Syrup	Yolks 2 Eggs	1 tbsp. Butter
1 Lemon, juice and grated rind	1 cup Cocoonut	1/2 tsp. Salt
Mix all the ingredients with the exception of the cocoonut. Cook in a double boiler for 10 minutes, stirring constantly. Add cocoonut and cool before using.		

### BANBURY FILLING

1 cup Raisins	1 Cracker	1 Lemon
1 cup Syrup	Juice and grated rind	1 tsp. melted Butter
1 Egg		

- Stone and chop raisins, add syrup, egg slightly beaten, cracker finely rolled, lemon juice and rind. Cook over hot water for 10 minutes, stirring constantly. Cool before using.

### CREAM FILLING

1/2 cup Sugar	Few grains Salt	1 cup scalded Milk
2 tbsp. Flour	1 Egg	1/2 tsp. Vanilla

- Mix flour, sugar and salt, add egg slightly beaten, pour on scalded milk gradually. Cook in a double boiler, stirring constantly until it thickens. Cook 15 minutes. Cool and flavor.

### MAPLE SUGAR FROSTING

1 lb. Maple Sugar	1/2 cup boiling Water	Whites of 2 Eggs

- Break sugar in pieces, put in saucepan, add boiling water, stir occasionally until sugar is dissolved. Boil until a thread will form when syrup is dropped from tip of spoon. Cool slightly, pour gradually on beaten whites, beating constantly until mixture is stiff enough to spread.

### PLAIN FROSTING

1 cup Sugar	Whites 2 Eggs	1 tsp. Flavoring
1/2 cup boiling Water		

- Boil sugar and water until they form a thread. Beat whites of eggs until stiff, but not dry. Gradually beat in syrup. Continue beating until mixture is

stuff enough to spread. Add flavoring. Pour frosting over cake, spreading evenly over top and sides.

#### CARAMEL ICING

2 cups Brown Sugar      2 tsp. Butter      1 tbsp. Cornstarch  
 1/4 cup Milk  
 \* Mix sugar and flavoring; salt, cornstarch; add milk and butter. Stir carefully over gentle heat until dissolved. Boil to soft ball, cool; beat until creamy.

#### ORANGE FROSTING

Grated rind 1 Orange      Powdered Sugar      Yolk - Egg  
 2 tsp. Lemon Juice      1 tbsp. Orange juice  
 \* Mix rind and fruit juice. Let stand 15 minutes. Strain, add to yolk of egg slightly beaten. Add sugar until mixture is stiff enough to spread.

### Frozen Desserts

#### JUNKET ICE CREAM

3 cups Milk      1 tsp. Vanilla      Crushed ice top. of cold  
 1 cup Cream      1 Junket Tablet      Water  
 1/4 cup Sugar  
 \*\* Heat milk and cream until lukewarm, add sugar and stir until it is dissolved. Add dissolved junket tablet, stir thoroughly and let mixture stand in warm place until set. Put in container and freeze to mush. Add 1/4 cup of grape nuts and finish freezing. Serve with butterscotch sauce.

#### THREE-OF-A-KIND SHERBET

(16 Servings)

3 Oranges      8 cups Sugar      1-16 tsp. Salt  
 3 Lemons      8 cups Water      3 Egg Whites  
 3 Bananas  
 \*\* Dissolve sugar and salt in water. Force mashed bananas through coarse strainer and mix with juices of lemons and oranges. Combine fruit juices and sugar. Add stiffly beaten egg whites when mixture is half frozen. Continue freezing.

#### FRUIT ICE

1 cup boiling Water	8 cups Fruit Juice,
1 1/4 to 2 cups Sugar	strained choice of
3 cups cold Water	any,
1-16 tsp. Salt	Except Lemon use 1
Juice of 1 Lemon	tsp.

\*\* Dissolve sugar in boiling water, add cold water, salt, lemon juice, and fruit juice. Freeze mixture.

#### FRUIT SHERBET

1. Fruit Ice plus gelatine, 1 tbsp.  
 Soften gelatine in 1/4 cup of the 3 cups of cold water, add to hot sugar solution.
2. Fruit Ice plus Egg White.
  - (a) Add stiffly beaten egg whites when mixture is half frozen, continue freezing or
  - (b) Boil the dissolved sugar mixture until it spins a thread. Pour gradually over stiffly beaten egg whites, beating constantly. Combine with cold water, lemon and fruit juices. Freeze.

## COFFEE MOUSSE

1 pint Cream      1 cup Black Coffee       $\frac{1}{4}$  tsp. Salt  
 $\frac{1}{4}$  cup Powdered Sugar

\*\* Whip the cream, add sugar and coffee, turn mixture into a mould, pack in ice and salt and let stand five hours.

Chocolate—4 ounces melted chocolate.

Strawberries—2 cups mashed strawberries.

Grape Juice—1 cup grape juice.

## Beverages

Tomato juice or tomato cocktail makes a pleasant and refreshing drink when other fruits are not available. It is particularly valuable for children.

Keep in refrigerator or in a cool place.

## LEMON SYRUP

2 cups Sugar      Rind from one Lemon      1 cup Water  
 Juice of 6 Lemons      (thin shavings)

Boil sugar, lemon rind and water together for five minutes. Cool. When cold add lemon juice and strain. Bottle and keep in a cold place. Some recipes call for a little ginger if this is liked. Some recipes say to add the lemon juice to the hot syrup but this changes the flavor. It may keep better if a refrigerator is not available.

## PUNCH (Serves 100)

1 qt. Lemon Juice	1 qt. Orange Juice	2 qts. Sugar
1 qt. Grape Juice	2 qts. Tea infusion	Mint Leaves $\frac{1}{4}$ cup
2½ gallons Water		

Make a syrup of the sugar and 1 quart of water. While it is cooling add the mint leaves. Add tea and fruit juices. Strain. Serve iced.

## RASPBERRY VINEGAR

Cover berries with vinegar in an earthen crock and let stand 48 hours. Strain off juice and add equal parts (by measure) of sugar to the juice. Boil  $\frac{1}{2}$  hour, bottle and cork tightly. When cool dip cork into melted wax.

## CANDY RECIPES

## MAPLE CREAM

2 cups of Brown Sugar	2 level thps. Corn Syrup	1-2 cup chopped Nuts
2-3 cup Milk		$\frac{1}{4}$ tsp. Vanilla
2 thsp. Butter		

Cook the sugar, milk and corn syrup together until a soft ball is formed in cold water—111 degrees C. During cooking it will be necessary to draw the spoon gently across the bottom of the pan occasionally during cooking to see that the candy is not burning, but this should be done in such a way that the candy is not splashed up on the sides of the pan. Remove from the heat, drop in the butter without stirring and set the candy aside in the saucepan to cool. When lukewarm, beat until it begins to thicken. Add the nuts and vanilla and continue to beat until the mass loses its stickiness and begins to lose its gloss. Pour into a buttered pan, and when cold turn out and cut into squares as desired.

## FUDGE

2 cups Sugar	2 oz. Chocolate	2 thsp. Butter
2-3 cup Milk	2 thsp. Corn Syrup	1 tsp. Vanilla

The melted base is the same as for Maple Cream. The chocolate is broken and mixed with the sugar, milk and corn syrup at the beginning.

## CHOCOLATE CARAMEL PIE

2 cups Sugar	½ cup Cream	6 squares Chocolate
1 cup Light Corn Syrup	1 cup Milk	2 tsp. Vanilla
1 cup Condensed Milk		

Break chocolate into fairly small pieces and mix with the other ingredients except vanilla. This candy will require constant stirring after it begins to boil. Cook to 116 degrees C. until it forms a firm ball in cold water. Remove from heat, add vanilla, and pour into a buttered pan. When cold, turn out and cut into squares. These are usually wrapped in waxed paper.

100

3 cups Brown Sugar      1 can sweetened Condensed Milk  
 1 cup Corn Syrup  
 Cook all ingredients, stirring constantly, until the candy cracks in cold  
 water—120 degrees C.

## WICHTIGE SICHERHEITSHINWEISE

2 cups Brown Sugar       $\frac{1}{4}$  cup Corn Syrup      1-3 cups Water       $\frac{1}{2}$  tsp. Salt      1-3 cup Butter      4 drops of Oil of Lemon

Put the sugar, corn syrup, salt and water into a saucepan and cook, stirring until the sugar is dissolved. Continue to cook without stirring until the candy reaches the temperature of 319 degrees C. Add the butter and cook to 140 degrees C., stirring constantly. Remove from heat, add oil of lemon and pour in a thin sheet on a greased baking sheet or large pan inverted. While still warm mark in small squares.

#### PERIODIC TABLE

2. **new feature**      3. **new labelled Feature**

Shell peanuts, remove brown skin and roll or chop fine. Put the sugar into a frying pan and heat, stirring constantly until melted to a syrup. Add peanuts, mix thoroughly and turn at once onto a unbuttered baking sheet, or large pan inverted, spreading in a thin layer. Mark in squares before it hardens.

#### YANHUA INDUSTRIES

Cook to 111 degrees C., remove from fire and pour at once on a cold wet platter. Cool to lukewarm, and beat with a spoon or spatula until the fondant becomes white and creamy. Add vanilla and knead until the mass is smooth and no lumps remain. Put away in a crock or glass jar and allow to ripen for two or three days before using.

MENTAL RUMINATION

1 pkg. of Dates (16-oz.) 1/2 cup chopped Nuts 1 tsp. Orange Rind  
 1 pkg. of Shredded 1/2 lb. of Figs or 1/2 lb. Figs and 1/2 lb. Dried  
 Coconut (14-oz.) 1 tbsp. Orange Juice Apricots

Put the dates, figs, apricots and coconut through the food chopper. Add nuts and knead in the orange juice and rind. Shape into a long roll and slice, or into small balls and roll in coconut.

## HONEY

The 100 Most Popular Books of All Time

POINT CARRE-NEUF

44 Mix 2 cups of granulated sugar,  $\frac{1}{4}$  cup of honey,  $\frac{1}{4}$  cup of butter,  $\frac{1}{4}$  cup of cream or milk. Heat and stir until the sugar is dissolved. Then cook without stirring until a firm ball can be formed from a little of the mixture dropped

into cold water. Now beat the mixture until it crystallizes, pour out into buttered pans and cut into squares. If somebody very special is coming, the addition of pecan nuts or almonds improves these caramels.

#### HONEY ENGLISH MUFFINS

1/2 cup mashed Potato	2 tbsp. Honey	4 cups Flour
1 cup warm Milk	1 tbsp. Butter	1 cake Yeast (compressed)
2 Eggs	1 tsp. Salt	
1 tbsp. Shortening		

¶ If wanted for supper (6 o'clock) set at 11 a.m. At 4 p.m. roll out dough, cut with biscuit cutter 3 inches in diameter. Place half an inch apart. Let them rise 1½ hours. Bake in a hot oven. These may be kept in the bread box for a week or two for toasting. These are delicious toasted and served with honey or marmalade. It makes an excellent combination served with stuffed tomato and chicken salad. There is no occasion for going into detail about combining these rolls. They are combined as in a bread recipe except that you work the beaten eggs into the dough. They are beautifully light and take a very superior brown.

#### PUMPKIN PIE WITH HONEY

1 ½ cups Pumpkin	¾ to 1 cup Honey	1 tsp. Ginger
2 tsp. Cinnamon	(depending upon individual taste)	1 tsp. Salt
1 cup Milk		2 Eggs

¶ Mix ingredients in order given, bake in one crust. Garnish each piece of pie with a mound of whipped cream with honey in the centre.

#### HONEY CHEESE SANDWICH SPREAD

½ cup Butter	1 can Pimento cut in	1 cup Vinegar
3 Eggs—beaten	inch strips	½ lb. Cream Cheese
2-3 tsp. Honey	1 tbsp. Salt	½ cup Sweet Cream
3 tbsp. Mustard		

¶ Mix and cook all in a double boiler.

#### STEAMED BROWN BREAD

¶ Mix together 1 cup corn meal, 2 cups graham flour, and 1 teaspoon salt. Add 2 cups sour milk, 2-3 cup honey and ½ teaspoon soda dissolved in a tablespoon of boiling water. Lastly, add 1 cup raisins. Steam 3 hours in a well buttered covered pan. Do not have more than 2-3 full to begin with. Serve with honey baked beans.

#### HONEY BAKED BEANS

¶ Wash and pick over 2 cups white beans. Soak overnight. In the morning bring slowly to boiling point, add ½ teaspoon soda, cook slowly ½ an hour, add 1 teaspoon salt. Continue to cook until the beans are tender but not until the skin breaks. Drain well. Place in a bean pot, add 2 cups milk, 2 tablespoons of butter, 2 tablespoons of honey, a pinch of cayenne pepper cover closely and bake slowly until the milk is all absorbed.

## CURDS AND CHEESE

(Extracts from Recipes of Miss Grace Duggan, Department of Household Economics, University of Alberta.)

#### CHEESE SAUCE RECIPE

2 tbsp. Butter	½ tsp. Salt	4 tbsp. grated Cheese
2 tbsp. Flour	Pepper	1 cup Milk

¶ Melt the butter and stir in the flour and seasonings until smooth. Stir in the milk gradually and cook, stirring constantly until it thickens. Just before serving, add grated cheese. The method is simple. It is merely a sauce to which cheese is added.

## CHEESE SOUFFLE

2 tbsp. Butter                     $\frac{1}{2}$  tsp. Salt                    Few grains of Cayenne  
 3 tbsp. Flour                    Yolks of 3 Eggs                    1-3 cup Cheese, grated  
 $\frac{1}{4}$  cup Milk                    Whisks of 3 Eggs  
 ¶ Make a cheese sauce, as instructed above. Season. Add the beaten egg yolks and when the mixture is cold, fold in the stiffly beaten egg whites. Pour into a buttered baking dish, stand in water, and bake 20 minutes in a slow oven. Serve at once. The dish is stood in water because the egg and cheese must be cooked at a low temperature.

## CHEESE ROULETTES

2 cups mashed Potatoes            4 tbsp. grated Cheese            Pepper  
 1 cup Milk                    Salt

¶ Add the milk, cheese and seasoning to the mashed potatoes and beat until light. Drop by spoonfuls on a greased pan. Brush the potatoes with beaten egg and brown in a moderate oven. These may be served alone or with cream or baked fish. Other vegetables may be used in a similar way.

## HEAT TESTING FOR BAKING

If you have no the thermometer, or automatic oven regulator, use the "Paper Test." Oven is right temperature when piece of white, unglazed paper placed in centre of oven after it is lighted ten minutes colors a light, even brown in the time specified below for each food.

Food	Time	Oven	Degrees Fahr.	Paper Test
White Bread (fresh)	45-60 min.	hot-med.	*460°-860°	½ min.
White Bread (baking powder)	60 min.	med.	375°	1 min.
Parker House Rolls (Royal)	15-20 min.	hot	425°	¾ min.
Biscuits	10-15 min.	hot	475°	½ min.
Muffins	20-25 min.	med.-hot	375°-425°	1 min.
Popovers	30 min.	hot-med.	*460°-860°	¾ min.
Cup Cakes	20-25 min.	med.	1360°-400°	1½ min.
Layer Cakes	15-20 min.	med.	1375°-400°	1 min.
Leaf Cakes	45-60 min.	med.	1325°-375°	2 min.
Fruit Cakes	3-4 hours	slow	260°	5 min.
Angel and Sponge Cakes	40-50 min.	med.	325°-350°	2 min.
Cookies	10-15 min.	med.-hot	1350°-450°	1½ min.
Custards	60 min.	slow-mod.	350°-375°	8 min.
Pastry Shells	10-15 mins.	very hot	500°	½ min.
Pie	30-40 min.	hot-med.	*1425°-860°	¾ min.
Meringues	15-20 min.	slow	300°	¾ min.
Meat and Poultry	20-25 min. per lb.	very hot-med.	*480°-860°	¾ min.

\*Reducing temperature last half of baking.

†Depending upon kind of cake, cookie, or pie.

\* Excerpt from Extension Bulletin No. 40, Third Revised Edition, Manitoba Department of Agriculture.

† Excerpt from Circular No. 109, Manitoba Agricultural College. (By Miss Florence McLaughlin, B.Sc.)

‡ Excerpt from Pamphlet No. 181, Dominion Department of Agriculture.

† Excerpt from Recipes of Miss Hazel McElroy, Department of Household Economics, University of Alberta.

† Excerpt from Recipes of Miss Grace Dugay, Department of Household Economics, University of Alberta.

\*\* Excerpt from Recipes of Miss A. M. Barber, Department of Household Economics, University of Alberta.

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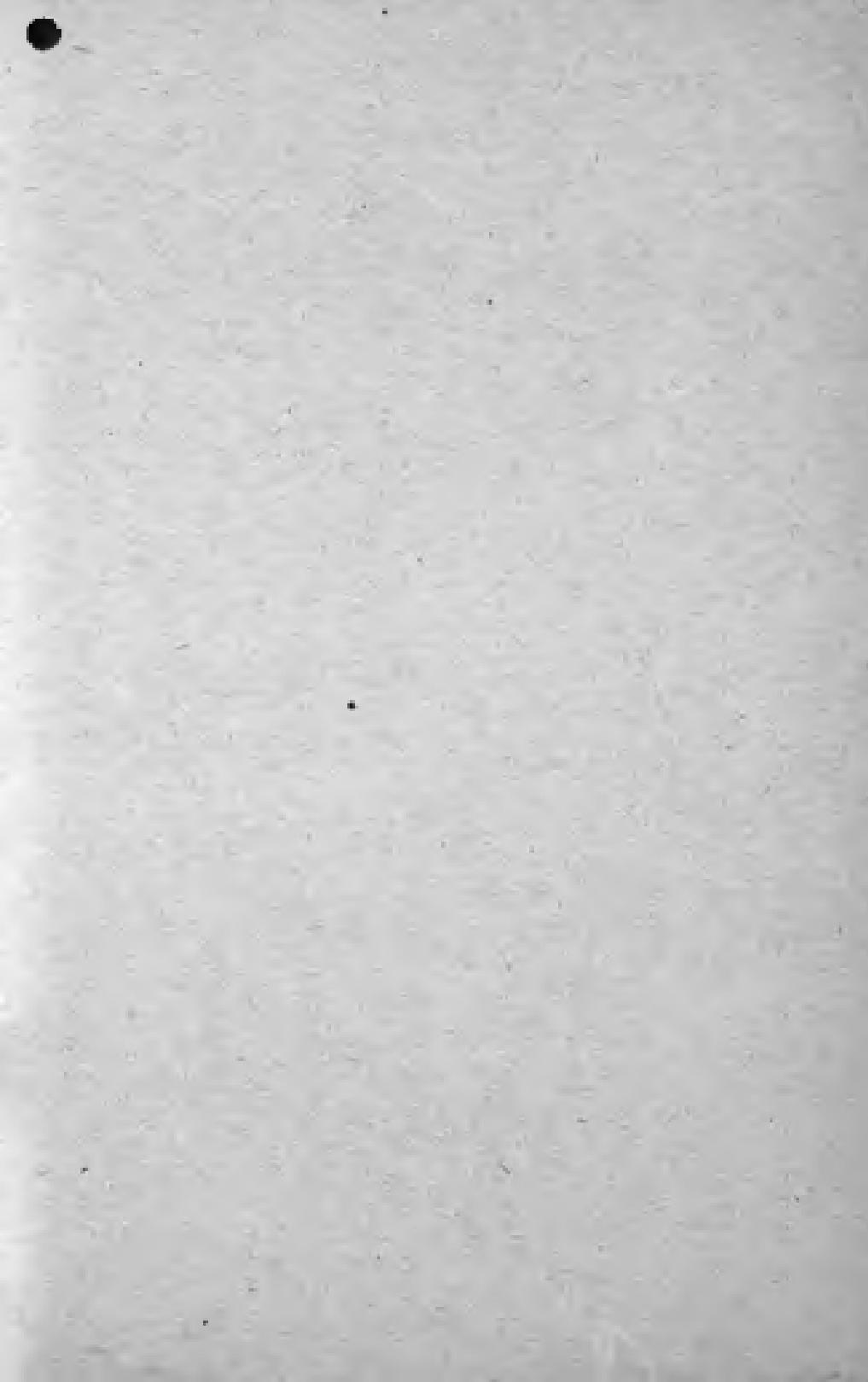
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In the battle of life, proper food is  
the most effective ammunition,

USE

# KERNEL FLOUR

ON BAKING DAY

and make "pass the bread please"  
a mealtime slogan in your home.

---

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